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T H E

VALETUDINARIANS BATH GUIDE:

O R,

The MEANS of OBTAINING
Long Life and Health.

DEDICATED TO
EDWARD, LORD THURLOW,
Lord High Chancellor of Great Britain.

By PHILIP THICKNESSE.

Second EDITION, with ADDITIONS.

L O N D O N:

Printed for DODSLEY, in PALL-MALL,
BROWN, in the STRAND; PRATT and CLINCH,
B A T H;

and sold by WOOD, opposite the PUMP-ROOM.

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B. N. T. W.

and sold by WOOD, opposite the Bank-Room.

1800

1800



The Genius of Nature in contemplation of the Universe.



T O

EDWARD, LORD THURLOW,

Lord High Chancellor of Great Britain.

MY LORD,

NOTHING could have induced me to have asked the high honor of placing my name, in the same page with your Lordships, especially at the head of so trifling a performance, but that you was pleased to say, you thought one chapter in it, contained some useful hints, to those who have suffered as I have suffered, and as I once feared your Lordship would suffer; and that too, from a bodily disorder, so situated, that the suffering patient, has perhaps, more to hope from art, than to expect from medicine.

I therefore

I therefore wished to embrace an occasion to congratulate your Lordship, your friends, and MY COUNTRY, that there is now so favorable a prospect of seeing your Lordship return to that very IMPORTANT SEAT YOU HOLD, as firmly supported by your health, as it has been maintained by your ELOQUENCE and JUSTICE ; beside my Lord, I have reason to expect, that when your Lordship's OPINION is known, mine may be attended to, and this will I am sure, be a sufficient reason, for omitting, in this second edition, the name of the very respectable nobleman which was prefixed to the first.

I have the honor to be,

With the utmost respect,

Your Lordship's, most

Obedient and devoted

Humble servant.

PHILIP THICKNESSE,

The P R E F A C E.

THE weakness of patients;---the sweetness of life,---and the nature of hope,---make men depend upon physicians, says that first, and greatest philosopher the world ever produced, Lord Bacon, and the immortal BOYLE, in his short memoirs for the natural history of mineral waters, highly censures the physicians of his time, for their Ignorance with respect to such waters. “ I expect it will be wondered at (says he) that so many enquirers should be proposed, and so many things directed to be taken notice of about a subject, that has been thought so barren that men are wont to think their curiosity great enough, if they enquire what colours the mineral waters, will strike with galls, or oaken leaves, and so observe what kind, and quantity of
“ salt

“ salt will remain, after the evaporation
 “ of the liquor, and I much fear, that
 “ some, even of the profession of phy-
 “ sic, will think I cut them out a deal
 “ too much work, by so many trouble-
 “ some queries, and trials.” And after-
 wards he says, “ I have made the less
 “ scruple to be ample in the enquiries
 “ I propound, because divers opera-
 “ tions have perswaded me, that phyfi-
 “ cians ought to consider very well,
 “ both the nature of the waters, they
 “ ordain, and to what persons, for
 “ what disorders, and in what manner,
 “ they prescribe the use of them, for
 “ though many look upon them, as
 “ such innocent medicines, as, if they
 “ do no good, can at least do no harm,
 “ yet, the effects, that have too often
 “ ensued, the unskilful use of them,
 “ especially when it was too long con-
 “ tinued, allow me not to look upon
 “ the drinking of mineral waters, as a
 “ slight thing, that may be safely played
 “ with, but as that whereby we have
 “ seen, as very much good, so a great
 “ deal

“ deal of mischief done ; especially,
 “ some time after the operation is
 “ thought to be quite over, and per-
 “ haps almost quite forgotten.”

The remarks of such a great man must be very applicable to the mineral waters of Bath ; as I am confident no physician living will venture to assert, that in spite of all their healing virtues, they have not (when injudiciously used) been productive of greivous and fatal consequences ; how necessary then is it, that before mineral waters are prescribed, that the prescribers should be thoroughly satisfied what the nature of the water is, which his patient is to swallow ? yet strange to say, nay perhaps dangerous to say it, we are at this day uncertain, whether the waters of Bath are, or are not, sulphureous ! Dr. Guidott asserts they contain, among other things, sulphur, a fixt alcali, and nitre ; and despises D. MAYOW, for thinking otherwise. Dr. Oliver countenanced the opinion of Guidott, and it has been,
 and

and is still, as far as I know, the prevailing opinion; and yet Dr. Lucas, did about twenty years since, analyze these waters in the presence of the late Lord Chesterfield, and other ingenious men, and proved to their unanimous satisfaction, that the Bath waters contain no greater share of sulphur, than any common water, but that a subtil acid, and a small quantity of iron, constitutes their healing powers, that the former flies off in the open air, and the latter settles, as the heat diminishes. The same ingenious gentleman analysed the waters of *Aix la-Chapelle*, and asserts also, that those waters *are* deeply impregnated with sulphur.

Is it not therefore incumbent on the physicians of Bath, to have this matter cleared up, and to prove that either Dr. Lucas's analysis is defective, or, that Dr. Guidott's is true; for unless they are clearly satisfied on which side the truth lies, they cannot prescribe the use of them to any of their patients with
perfect

perfect safety, and in some cases, not without imminent danger. Dr. Lucas was esteemed a good physician, and an able chymist, as well as an honest man, he was no ways interested in the qualities of the Bath Waters, more than those of Aix-la-Chapelle, but he was deeply interested in the cause of truth, and the support of LIBERTY.

What I could therefore wish, is, that such patients who have received benefit, and such who hope to receive it from these waters, would promote a subscription, to make it worth the while of some reputable chymist, to come down to Bath, and to analyze the waters in the presence of the faculty, and the subscribers; and thereby put the matter beyond a doubt. This would be a laudable and universal charity; a charity which would extend to future generations.

When it is certainly known of what nature the Bath Waters really are, or
 b rather

rather what their impregnations are, there can be little doubt, but that an artificial water might be prepared, so as to render nearly, all the benefits, both inwardly, as well as externally, to patients whose great distance, or bodily infirmities might prevent their coming to the fountain head.*

Mr. De Magellan, has contrived a glass apparatus for making waters like those of Pyrmont, by means of which any water may be saturated with fixed air, and that too, by a process which does not require a quarter of an hour to perform. The same ingenious gentleman has also invented some *Eudiometers*,
or

* Lord Bacon thinks it strange that natural baths are not imitated with success, " seeing they are confessed
" to receive their virtues from minerals, and not only
" so, but discerned and distinguished from what *particular*
" *mineral*, they receive tincture, as sulphur, vitriol,
" steel, or the like, which nature if it be reduced to composition of art, the powers of them
" may be increased, and the temper of them will be
" more commended."

or instruments, to ascertain with the greatest accuracy, the salubrity of the air. Is it not strange therefore, in a kingdom like this, that a doubt should remain, what the real nature of the Bath Waters are? we acknowledge, and so do thousands of grateful patients with gratitude acknowledge, that God has given them to us for great and good purposes, but we have reason to lament, that man has not more certainly ascertained, to what particular maladies they are most salutary, by knowing to what minerals they owe, not only their heat, but that subtil spirit, which so soon flies off, and leaves the water as void of medicinal powers, as the commonest well water. If Dr. Lucas's analylation of them is erroneous, why does not some more able physician, upon the spot overturn it, if it is just, why not have the candour to acknowledge it? Dr. Davies, a gentleman who practised physic at Bath, with as great reputation as any man, either before or since his time, acknowledged his stedfast belief in Dr. Lucas's experiments, and

Mr. Haviland, senior, an apothecary, allowed to be the best chymist in Bath, was equally satisfied of this important truth. Why then should D. Lucas have been persecuted when here, and his assertions still contemned, till it is proved, that he was an ignorant impostor? His assertions by no means lessen the merit, or efficacy of the Bath Waters, on the contrary, he acknowledges their powers as fully as any physician on the spot, but Dr. Lucas is not to be believed, because it was HE, not a physician on the spot, who detected the fraud, of tinging guineas, who proved that what was called the sulphur scum, was really vegetable moss, and that instead of a sulphureous quality, the waters have an acid volatile spirit, a spirit perhaps incompatible with sulphur, and a small proportion of iron. Under this dilemma will any physician be hardy enough to say to his patient, “ *no matter, whether they are of sulphur, or of acid, they are equally proper for you: Drink them, and bathe in them!*” surely not:---Were

I a patient, it would be my first question to the physician I consulted, what is the nature and quality of the waters I am to use? and if he could not, nor would inform me, I should not trust him with the nature of my complaint, yet it is very natural to conclude, that Drs. Moysey, and De la Cour, men of acknowledged accuteness in physic, from their long residence, long life, and constant observations on the effects of bathing and drinking the waters, must be able to judge, in what cases they may venture to use them, and when to withhold them, but if they do not know the REAL NATURE of the waters, it is a mechanical, not a PHYSICAL use they make of them. I will not deny that the physicians of Bath, from Dr. DE LA COUR,* down to GRAHAM, and GUSTARD, do
not

* If charity, humanity, and universal benevolence, are necessary qualifications in a physician, (and I should think they are) I have very good reason to say, there does not live a CHRISTIAN MAN in this city, who has prescribed more liberally, nor more frequently, towards gladdening the heart of the wretched, than Dr. De la Cour.

not know, that the waters have some very excellent qualities, while they are hot, and none when they are cold, except to quench the drought of the thirsty, but till they refute Dr. Lucas's opinion, or prove that of Dr. Guidott's, their patients may as safely use them, upon their own judgment, as upon any other man's, unless they can prove, that a sulphureous bath, which opens the pores, or an acid one, which often closes them, is one, and the same thing. This I can aver, that I went into the king's bath in hopes of opening the pores, and in expectation of the natural consequences of a hot bath; but the reverse was the effect, the pores were thereby totally stopt, and for some days, I thought it would have drove me mad, therefore till Dr. Lucas's opinion is overturned, I will retain mine, leaving my readers to retain theirs also, but they must remember, that their physicians, always consider, *accidentia animi*, a principal part of their prescription, and now, from what has been said, and what follows, I shall remind the reader

reader of what *Demosthenes* said to the *Athenians*. Please to take notice, said he, that my council unto you, is not such whereby I shall grow great among you, but it is of that nature, which is not so good for me to give, as it is for you to follow.



T H E

VALETUDINARIANS BATH GUIDE.

Chap. I.

Of the BATH WATERS.

I Will not attempt even to guess from what complicated causes the medicinal Waters of Bath owe their heat, nor from what minerals they derive their efficacy; it will be sufficient for me to point out to the Valetudinarians, the wonderful effects they are capable of producing in the state we find them, and in which state they have probably flowed from the beginning of time; nor shall I presume to speak with that freedom of KING BLADUD, and his Hogs, which preceding writers have done, being aware how offensive it must be to royalty, to mention Kings, however remote their reign, as if they were *nothing more* than ordinary men, employed in the common occupations of life, and beside, it seems to me a matter of indifference, whether a King, so long since mingled with his mother earth, *fed the Hogs*, or, whether the *Hogs fed him*, for if any thing is due to the Founders of Bath, it is most certainly due to the Hogs who rooted up the springs, and not to the King who attended the Herd. It is not therefore King Bladud the *Founder* whose memory ought to be recorded, but Bladud's Hogs the *Finders* of these hot springs,

A from

from which so much benefit has arose to the City of Bath in particular, and to particular people from all parts of Europe: *Give the devil his due*, is an old adage, and if the devil is in the swine, the discovering of the Bath Waters, was a devilish lucky thing, and a thing in which King Bladud was no more concerned, than any other private patient who receives benefit, or a cure, from putting *himself into them*, I therefore

Cannot applaud the wisdom of Moses,
Who taught the Jew Ladies to turn up their Noses,
At a Creature so filthy, whose only desire,
Is to grovel in dirt, or to grope in the mire.

Had there been no swine, there had been no Bath Waters, and what would have been almost as bad, no pork nor pease-pudding. I cannot therefore help thinking, that as the best sauce to most fish and flesh, is that which the animal or fish is most fond of, that pork and pease-pudding is the most proper food for those who drink the Bath Waters. Hogs are fattened with pease, and pease make an excellent sauce for pork.

Notwithstanding the wonderful efficacy of the Bath Waters in many disorders, it is nevertheless true, that they sometimes kill those who use them injudiciously, by pouring down too great a quantity in too short a time, for nothing can be more certain, that it is a very powerful medicine, a medicine prepared by the finger of God, the composition of which is not yet known to man; and as Mr. Boyle justly observes. we have seen not only much good, but a great deal of mischief arise from an imprudent use of them. We feel their effects, but we know not the cause, and the Bath Waters if they could speak might say :

When the stoutest hearts yeild, and the strongest heads ach,
And all the whole farbrick doth totter and shake,
We finish the war, without striking a blow,
And establish soft peace, whence none can tell how.

But

But to be serious, for that is the first requisite in a *skilful* physician, and as I am considerably *turned* of forty, I have as good a right to claim that appellation, as my readers will have, who disapprove of my advice, to bellow upon me *the other*.

I will therefore, allowing all the efficacy in the Bath Waters which the warmest advocates can give it, venture to assert, that drinking them are never of any service (and often dangerous), but when they act either *laxatively* by the bowels, or kidneys, or, are accompanied with medicines that do; constitutions made up of high living to the age of five and forty or fifty, whether made of venison and port, or turtle and claret; must be preserved by turtle and claret, and venison and port. Whatever way of living *forms* a constitution, is the most likely method to perpetuate it: Balm tea and water-gruel (favorite modern medical fops) would soon destroy a constitution made up of turtle and port, and with regard to a topical and flying gout, the matter seems as plain as the sun at noon day; a critical deposit, or evacuation at certain periods of life, must take place, one way or other, if life is to extend much beyond fifty. Nature (ever infallible) indicates, both by a local, or fixt gout, that she wants a passage through which she may relieve herself. All outlets are alike to her, provided they are sufficiently petulant, to throw off the redundance she labours under, for redundance is the source of all disorders, and therefore, if there is no channel to convey it out of the system, it is hurried backwards, and forwards, in the common circulation, till it produces by acrimony and stimulus, gout or rheumatism, &c. or by caustic obstructions, or putrid solution of the juices, fevers, hecticks, consumptions, scrophulas, cancers, &c. these different effects of redundancy, depend upon different degrees of original stamina, or strength of constitution, and the different length of time the detention of it in the general habit has taken up, and therefore in general, a man of the

age of fifty, or thereabout, should be steady to his accustomed quantity of *liquor*, but should never indulge himself in a second course, or desert. As life advances, and the hoar of age begins to appear, SOLID food should be diminished, and liquors, moderately increased. It is a dictate of philosophy as well as self preservation.—Where one man dies from drinking too much, a thousand die by excess in eating: The one requires great digestive and secretory exertion, as well as constant bodily exercise. the other none of them, the result of food is a liberal supply of fine attenuated juices and nervous spirits for the animal machine, but a difficult laborious, tedious process must precede this supply. A constitution on the turn of age, is not equal to it, nor has it even occasion for it, for the body being compleatly formed, and *past* its perfection, requires nothing towards accretion of parts, or mechanical growth, the great demands for which, could only be supplied, by copious nutrimental juices, made from *solid* food; now, when the human body is grown unfit for so elaborate a process, and does not require what naturally results from it, copious chylication and sanguification; the inference seems plain, and cannot be mistaken:—That what invigorates and enlivens the whole frame without passing through the several slow gradations of such a process; supplies spirits at once to the finer parts of the animal system, and therefore the nervous is doubtless the most eligible and judicious, It must not be imagined however, that liquors in their native state get into the nervous circulation, or order of vessels, for the effect of all liquors is topical; that is, it is confined to the nervous coats of the stomach, but from this, as from a main spring, they promote and accelerate all the movements and functions of the human machine. A man of fifty therefore should be exceedingly cautious not to eat so largely of solid food, as he formerly did, for this is the time in which he must, if he expects to live free from misery, use a prudential or philosophi-

cal appetite only, as the natural one does, and *ought* constitutionally to decline. Indeed one rule may be laid down almost for all men past the first climacteric : It is this — A man who eats of one plain substantial dish *only*, will never eat too much ; It is the variety of meat creating an artificial appetite when the natural one has been satisfied which seduces us into a greater quantity of food taken into the stomach than the stomach has powers to digest : It is not the quality so much as the quantity that injures the constitution. The causes of our disorders therefore lurk in the temptations of second courses and deserts, luxuries unknown to our grandfathers, except at the very first tables, and happy would it be for this generation, were they still unknown. But we wantonly waste in *one* day, what might have served for three, besides diverting the means of charity to the poor, into a wrong channel, and doing material prejudice to our health. As to preparation of the body, for drinking the Bath Waters with safety, it may be observed that whatever tends to prepare the body for health, is an excellent preparation for drinking them, and therefore evacuations, and emptying the vessels by gentle means is absolutely necessary, for all people eat too much, and most people are quite inattentive to the consideration how the system is to be relieved from the effects of it. But if a person who hopes to receive benefit from the Bath Water, takes two five grain pills of the cathartic extract every night going to bed, some time before, as well as along with the Bath Waters, he may drink them without fear, and with much hope of benefit, especially if the patient be of a strong, full habit, between the age of forty-five and fifty-five, nor need any material alteration be made in the usual quality, of either meat, or drink. Living low under the operation of physic, is a frequent but dangerous practice, for it is *then*, that the body ought *particularly* to be supported. Should the use of these pills bring on, as they frequently do, the piles, so much
the

the better, they are friendly to the constitution; but if neither the piles, gout, external rheumatism, or any topical complaint follow the above simple course in a reasonable time. a man of fifty, who covets long life, should have an issue. deep cut, somewhere in the back, or in the inside of each knee, either of these will infallibly prevent any sudden fatal attack, and being kept in a suppurating state, will prolong life, till life becomes undesirable. Those however who would wish to see the cause, consequences, and mode of cure for the gout in particular. are referred to Dr. Stephenson's, of Wells, late treatise intitled, a successful method of treating the gout. Wherein. according to my conception, though I do not know his age, nor scarce his person, the gouty patient will find more good sense, than in all that has been said upon a disorder so common, yet so little understood.

Chap. II.

OF APOTHECARIES.

ALL such persons who send for a physician, are no sooner prescribed for, than they employ the Apothecary, *recommended* by the prescribing physician, or their servant is directed to go to their own Apothecary to have the medicines prepared. Now it very often happens, that a patient's complaint, may, in the physician's opinion, be got beyond the power of medicine, and in such cases, where he cannot prescribe for the benefit of the patient, he may and must (if he expects one good turn for another) prescribe for the *benefit of the Apothecary*. All this may, in the way of business, be very fair, and if the Apothecary takes care to send the medicines that are in themselves innocent, properly prepared, it is all very well. But as most Apothecaries of eminence, have young apprentices who perhaps pique themselves in

in reading a doctor's bill, may understand his hieroglyphicks much better, than he does the various druggs to be put together, there is much reason to fear, that in the course of every year, several people in this kingdom are sent to their graves, not from the disorders they laboured under, but from the *disorder* in which their medicines have been prepared, and therefore it is of the utmost importance to the sick, to employ an honest, conscientious and diligent Apothecary, who superintends all the preparations of his own shop, and one, who is not too rich, or too proud (as some no doubt are) to leave a business in which the lives of other men are at stake, to the inexperience, ignorance, or carelessness of youth. I have heard of many fatal accidents by such neglects, and I can aver it as a fact, that even that great *Emperic Dr. Graham his ownself*, did when he *last* practised physic in this city, take a large dose of dangerous poison, instead of an innocent paper of cream of tartar! Indeed it was the largeness of the quantity, which saved his life, had he taken but a moiety of what he did, *the world would have lost a man, who speaking of himself has the modesty to say, he has carried the art of healing, to a greater degree, than any man, of any age, or any country*, and indeed, exclusive of the doctors own declaration, I find in his book of the GENERAL STATE AND PRACTICE OF PHYSIC, many great names to confirm his assertion; among which, is Catherine Macaulay's, now married out of gratitude to the doctor for health, and *other favors*; to his younger brother, and EDMUND RACK, one of the people called QUAKERS, asserts also, that he was perfectly cured by Dr. Graham " *whose abilities and knowledge (says Edmund) in the medical art, is only to be equalled, by his politeness and generosity:*" and it must be confessed that the Dr. is a better hand at a bow, than Edmund, but then, on the other hand, Edmund is one of the first at a scrape, and sells your best of Norfolk turnip seeds, at prime cost. But to return to the Apothecaries, of whom there

there are many in this city, who are sufficiently known to be able, and honest men, and therefore lest I should be thought to have either partiality or prejudice, I shall mention them only in general. Their abodes, as well as the Physicians, and Surgeons, need not be pointed out, in a Bath Guide: But it is necessary the author of the Bath Guide should point out dangers which neither the sick patients, nor their afflicted friends might be aware of, and therefore a careful good Apothecary should be applied to, who is not above his business, and a physician, who is above prescribing for the benefit of the Apothecary; when he can do nothing for the benefit of the patient. It is bad enough to be sick, but to be sick, and to take physic too, is still worse. In Paris the rules and regulations about preparing and selling of druggs are infinite, and care is taken, that none shall be bought but from the hand of the master Apothecary. *Les épiciers* (grocers) who are allowed to sell rhubarb and senna only in large quantities, are liable to a fine of five hundred livres if they vend medicines in small, and the Apothecaries are upon oath, bound to keep the key of all poisonous, or dangerous druggs, and not even to trust their wives, children or servants with it on any account, nor even vend them without being perfectly satisfied who the persons are to whom they are delivered. But in England the tincture of rhubarb and the extract *thebæicum*, the arsenic and the cream of tartar, are as often closely bottled, or boxed together, as Will and Mary on the coin: Were Englishmen to read the infinite care that is taken in Paris to guard against the dangers of Charlatans and quack medicines, he would blush for the neglect, nay encouragement given, to both, in London. How many hundred people have been sent into the other world within the present century by eating soups and *ragouts*, made in copper vessels poisoned by the verdigris, they are so prone to produce, and who can say that the same fatal effects have not arose from im-

proper

proper medicines prepared by ignorant apprentices, or menial servants of Apothecaries. The Apothecary has nothing to do with people in health, and if his sick patients become worse and worse, nobody wonders at it, but conclude, that what perhaps may be caused by poison, or improper druggs, is the effect of the encreasing disorder, and when the patient is dead nothing more is said or thought of. but that, poor man, he died of an inflammation in his bowels: lethargic: or went off in convulsions: but enough has been said, or much more might, to put the patient and the Apothecary upon their guard, in a matter where the life of one, and the bread and character of the other, are so deeply concerned.

Chap. III.

OF PHYSICIANS.

PHYSIC, says *Rouffeau*, is a fashion and it ought to be so, it is the amusement of idle people, who not knowing what to do with their time, bestow it upon their preservation. The Dietetic is the most useful branch of medicine, a branch which is no less a science, than a virtue, temperance and exercise, are the best Physicians of man; labour gives him appetite. temperance prevents his abusing it. The greatest excellence of a Physician is to know, when he should do nothing, and to have virtue enough to say so. Twenty years ago, I called in Dr. Nicholls to a near and dear friend, whose sudden disorder alarmed me exceedingly. The honest Doctor would neither write, nor take a fee, and the only thing he would *give*, was repose and rest to my friend. I grew exceedingly dissatisfied, and called in, what I *then* thought better advice. But I am now convinced, and so is the patient (for he is still living) that

Dr. Nicholls's advice was the best, because it was followed with success. yet the disorder was of the most alarming nature, it arose from too long a continuation and exertion of the faculties of the mind, the mind was deeply wounded, and required some time. *but no medicine*, to heal it, and has remained to this day perfectly sound. Had a less skillful Physician been called in, perhaps the *mind only had now existed*.*

The patient who can reasonably expect benefit from a Physicians advice except in violent and well known disorders must take it from one who knows the general condition constitution, and way of his life, had Dr. Nicholls known nothing more of my friend, than what he perceived when called in, he would probably have administer'd some powerful medicines. But being intimately acquainted with his profession, and how his time had been constantly employed, he knew that a suspension from all business, would alone recover the injuries of too close an application to it, and therefore such a CAPITAL PRESCRIPTION ought to be recorded. To watch the efforts of nature, and gently assist her doings, *when she is unable to go through it unaided*, is the business of a Physician, and he who has best studied the operations of nature, when struggling against bodily disorders, is the best Physician. When our constitutions are breaking up, from an irregular way of life, we seek a restoration of it by medicine, to the evils we feel, we add the misery we dread, the foresight of death renders it frightful, and hastens it. I never knew a dabbler in physic, who had not suffered worse then death half the days of his life, to live free and attach ourselves

* Dr. Nicholls lived to a great age, and would have been at the head of physic, if he had not slighted the *fashion of it*, to pay his court to nature. A Physician who will not prescribe *any* medicine in some cases, nor much in *any*, must expect to be decried not only by the faculty, but even to be banished from *royalty* as he was.

ves but slightly to human affairs, says *Rousseau* is the best method of learning to die. To conclude, mankind has naturally no Physician, more certain than his own appetite, and take it in its primitive state, it is natural to believe, that those aliments which were the most agreeable, would be the most wholesome but we have strayed from the state of nature, and our taste changes and alters with our way of living. Better says Dryden

“ To seek in fields for health unbought,

“ Than see the doctor for a nauseous draught.”

Physicians are excellent companions *over* a bottle, but odious *under* a phial. Did you *follow* my prescription said Dr. Cheney to Nash? No faith replied the latter if I had. “ you would have seen me finished under the two pair of stairs window.” Yet I would recommend a Physician to all men of fortune, the arrival of the Doctor fills up a space, he may cheer the patient by a pleasant story and the patient need not jump out of a two pair of stairs window, against his will, though it might be necessary he should have one by him. The Physician who is called in to the assistance of a sick person and who is a stranger to every thing but the sick man's present complaints, who prescribes, takes his fee, and his leave, without obtaining any knowledge of the way of life and constitution of his patient, is more likely to do harm, than good. Dr. Batty sent a friend of mine to Bath to drink the waters with the following observation and advice. ‘The Bath Physicians ma sam, said he, pretend that we *Londoners* know nothing of those waters, but though I know they will be of service in your case, and that they may probably cure you, yet if you do not begin to drink them by degrees, first, by being brought to your own Lodgings and drunk after the first spirit is somewhat evaporated and after a while, (if you find benefit) at the fountain head: they may kill you.

Dr. Batty's advice was followed with success, and it is very evident, that waters which have so wonderful an effect, as to bring about in a few days a restoration of health, so as to astonish those who are benefited, may, when too hastily taken, or poured down in too large quantities, be not only hurtful, but highly dangerous, I speak feelingly upon this matter, for beside having known, in the course of thirty five years acquaintance with them, many fatal accidents to injudicious drinkers of them, I had the misfortune to lose a beloved brother in the prime of life, who dropt down dead as he was playing on the fiddle at Sir Robert Throgmorton's, after drinking a large quantity of Bath Waters, and eating a hearty breakfast of spungy hot rolls, or *Sally Luns*. He had found infinite benefit from drinking the waters before, but being straightened in point of time. was so injudicious as to swallow the quantity in three weeks, which had been of so much benefit to him on former visits of six: In short, had he known Dr. Batty's advice (and it was given to his mother) and followed it, there is much reason to believe that he would have been living at this day, and therefore those who wish to try the efficacy of the Bath Waters, may do it with the utmost safety. by first emptying the vessels, and then *feeling* for their wonderful effects. by begining at a distance from the fountain, and approaching it gradually. if it invites the patient so to do if this be not the advice of a Physician, it is the voice of reason.

Chap. IV.

OF BATHING.

BATHING. if we may believe what the late ingenious Dr. Oliver has said on that subject, and I never heard it contradicted *in prose*, is the most general solvent

vent, and probable means, by which obstructions of all kinds may be removed, as well as the most general solvent, of all the humours of the human body, whether natural, or morbid, and he thinks Bathing is highly beneficial in all gouty or rheumatic cases. But previous evacuations, he says, are absolutely necessary to unload the habit,* and cleanse the first passages, but let me observe, that Bathing early in the morning and taking the full force of the heat, is often attended with consequences the very reverse of what the waters would produce by a more moderate degree of heat. That *warmth* which opens the pores and promotes perspiration, relieves the patient, but the heat when it is too great, closes them, and often totally obstructs the insensible perspiration, and therefore the degree of heat should be particularly attended to, and it is much better to begin with a moderate Bath, and encrease it by degrees, than to dry and parch up the skin by using it in its full force. Mr. Nash however, who lived to a great age, always used partial Bathing, for the gout; and the minute he found one foot attacked with it, he, sat with both in buckets of hot Bath Water, and by that means, put off the violence of the pain, and often the disorder itself.

Dr. Oliver was of opinion that the months of April, May, June, August, September and October, were most proper, either for drinking the waters or Bathing. But experience has shown, that there is no part of the year, not even the hottest, wherein the waters may not be used both ways, with success; and it is scarcely reconcileable to reason, that the extreme cold weather should be so safe, especially to Bathers, as the more temperate. Confident therefore of the benefit Mr. Nash received when he was attacked with the gout, were I
 subject

* Vomits are particularly of service when they can be safely taken.

subject to it, I would never omit sitting a quarter of an hour before I went to bed with each leg in a bucket of warm, not hot Bath Water, there cannot be any danger in so doing, and there is every reason to believe great benefit would arise from such a practice, and that even common water heated by fire would have nearly the same good effect. The Baths newly constructed near the Cross-Bath, have every convenience a Bather can wish, and reservoirs of cold Bath Water are provided to regulate the heat to the desire of the patient. About an hundred and thirty years ago this city, which is now **UNIQUE**, and may justly *vie* with any city in Europe, was the most filthy and offensive town in England. The Baths were then crowded day and night, with Bathers of both sexes quite naked,* and they were frequently insulted while in the water, not only with dead dogs, cats, piggs, &c. but with human carcases, as well as all sorts of filth and nastiness. The roads were so bad, it was scarce possible to get to the city in the winter. Every house was covered with thatch, and at every door hung a manger to feed the horses, asses, &c. which brought coal and provisions into the town: and instead of that decorum which now generally prevails, nothing but obscenity, ribaldry, and licentiousness was practised. About the year 1640 the body corporate put a stop to these enormities, by some wholesome regulations and laws; soon after which, people of condition came to Bath not only for their health, but for their amusement: there is indeed a *singular amusement* in Bathing, exclusive of the agreeable warmth of the water, which none but those who have experienced the effect of, can well conceive, and which is only to
be

* I have seen an accurate drawing of the Kings-Bath made about an hundred and fifty years ago, which confirms the truth of this mode of indecent Bathing, and I have also seen about five and thirty years ago, and hundred naked colliers in the Kings Bath, rioting there at mid-day, and for many hours after.

be perceived, in particular parts of the Bath: Spots, well known to the guides, and which they seldom omit leading their Bathers into. Thirty years since being in the King's-Bath, and near a goodly looking country woman, she was either led, or accidentally step't over

“ Where the bubbling fountain flows.”

which she had no sooner done, than she called out most lustily, so as to alarm me, and every one near her! and upon asking her the cause, she again called out, and in agitation, exclaimed *“ I have been mother of ten children !”* not understanding what she meant, I desired to change places with her, and *then* I recollected I too, had been father of as great a number, those who wish to be further informed, I must refer to an experienced *Prose Guide*, or they may take it from the following poetic *Bath diver*.

While Phillis is bathing she starts at a bubble,
Yet fears to remove, or discover her trouble.
By the touch on her hips, it rises still higher,
And her eye by its twinkling, discovers the fire.
Her cheeks grow the brighter, encreasing their colour,
As flowers by sprinkling, revive with fresh odour.

Chap. V.

ON LONG LIFE and HEALTH.

DR. Cheney and many other ingenious men have wrote on this important subject. but all of them have laid down such rigid rules of abstemiousness, that few men have resolution enough to pursue the means. I shall therefore set before such of my readers who covet Long Life, the mode of obtaining that end, not by restraining, but by innocently indulging themselves in one of the most pleasing gratifications that the human mind can enjoy.

Am

AN ingenious German (Thomas Reinefius) made a suppliment to the works of GRUTER, and among many curious inscriptions of antiquity, the following is recorded in this supplement.

Æsculapio et Sanitati
 L. CLODIUS *Hermippus* .
 Qui vixit Annos cxv Dies V.
 Puellarum Anhelitu
 Quod etiam Post mortem
 Ejus
 Non Parum Mirantur Phyci
 Jam Posterì sic vitam Ducite.

THERE are several different readings given by learned men of this ancient inscription, but all agree, that the general sense of it is, that *M. Claudius Hermippus* lived an hundred and fifteen years and five days, by partaking of the BREATH OF YOUNG VIRGINS, or what is perhaps the same thing, by partaking of the breath of youthful persons.

THAT the above is really an ancient inscription there is no doubt, but whether it is a real fact recorded, or an ancient *Wagg*, (for there were *Waggs* at Rome as well as in London) who exercised his wit, in order to impose on posterity, is of no great concern, but it may be worth while to examine, what degree of probability there is in procuring Long Life, by so pleasing a prescription, and particularly in the BATH GUIDE, because there is no place else in Britain where the prescription is so easily *made up*; to be so repeatedly had, nor where it may be so conveniently conveyed by the most lovely of the sex, for my own part, I confess my sincere belief in the inscription, and in some part, of the prescription itself, and own that what I have till very lately thought tended to the destruction of the old and infirm frequenters of the balls, and crowded rooms of Bath, has in fact been the means of preserving their lives.

Thought

Though the scriptures tell us, that three score years and ten is the life of man, yet it is certain that mans life is not limited to any particular period, any more than the life of a horse: a horse is reckoned old at twenty, yet horses have lived to an hundred; and old PARR, a man, to an hundred and fifty, there is pretty good authority that at Bengal, a man lived to the age of three hundred and thirty five years, and that having received alms of many infidel princes, had his pension continued to him by the Portugueze in *Cambaja*. Pliny mentions several aged persons at *Parmà*, one of an hundred and thirty years of age, and three of an hundred and twenty, and at *Ariminium*, *Marcus Apponius* died at an hundred and fifty. *Vincent Coquelin*, a Parisian priest, died at the age of an hundred and twelve, in the year 1664. Lawrence Hutland lived in the Orkneys to an hundred and seventy years. James Sands an Englishman, died the latter end of the last century, at an hundred and forty, and his wife at an hundred and twenty, and I was long, and intimately acquainted with Mr. Trapham in Jamaica,* who was turned of an hundred, before my acquaintance with him commenced, and he lived many years there, after my return to England. I am myself turned of sixty, and in general, though I have lived in various climates, and suffered severely both in body and mind, yet, having always partaken of the breath of young women whenever they lay in my way, I feel none of those infirmities which so often strike my eyes and ears in this great city, of sickness

C

* Trapham lived on a mountain in the parish of St. Mary, and had eighteen hundred acres of meadow land, all fenced about with limes, lemons, and orange trees. His father was a physician and sent over to Jamaica by Charles the 2d. to examine the vegetable productions of that island. The father and mother both perished in the great earth-quake at Port Royal, Thomas the son and my friend, was miraculously saved: this man had many particularities which age occasion, but none of the infirmities, and his voice was the strongest of any man I ever knew, except the famous *Dowdeys* of Salisbury.

ness, by men, many years younger, I have mentioned thus much to show, that there is no climate under the sun, but which produce instances of longævity, and consequently by the law of nature, a man may attain a great age, even from the torrid to the frigid zone, if he can hit upon the right method, and that the breath of youth, and especially of youthful women, may be one means of obtaining this end, is by no means improbable.

It is certain then, that the life of man is not limited to any fixt period, for though we see people grow old and decrepid at a certain time, yet age has not so much reference to time, as to condition, and that man is old, whatever be his age, whose strength of body, or faculties of the mind, have forsaken him. The human body is a machine of wonderful contrivance, actuated by an immortal spirit, and made by the almighty capable of lasting a long time, indeed it seems inconsistent with the infinite skill and wisdom of its creator, that it should not; and there is no doubt, but every man who has attained the age of forty (for that is a proof of a good stamina) has it in his power to double at least that period, or to extend his life far beyond the common age, and that too, without feeling the infirmities of years, else it would rather be avoiding death, than preserving life.

Attila king of the *Huns* lived to an hundred and twenty four, and then died of excess, the first night, of his second nuptials, with a beautiful princess. *Piastus* king of Poland lived to an hundred and twenty, and governed his subjects with ability to the last. *Corvinus* a Roman consul, and a true patriot, was upwards of an hundred. *Hippocrates* lived to an hundred and four, but *Asclepiades* a Persian physician lived to an hundred and fifty, *Galen* enjoyed perfect health, to an hundred and four; *Sophocles* the tragic poet, to an hundred

dred and thirty, and *Euphranor* taught his scholars at upwards of an hundred, according to *Theopompus* an historian of veracity. *Epimealtes* of *Crete*, lived to an hundred and fifty seven years of age. I have recited these few instances, (for they are few in comparison to what might be produced) of Long Life, to show, if there be any dependence on history, that even an hundred and forty years is not the utmost limits of the life of man.

Bacon the famous English Monk. thinks it very possible, to prolong life, as is evident. by man being by nature immortal, i. e. was originally so formed by God; but I will return to the Roman inscription, and examine how far, the probability goes, that the breath of young girls, or of the youth of both sexes, may contribute to lengthen the days of the aged. It cannot be denied, that the air which we respire, or which we breath in, must, by passing through the lungs be strongly impregnated with the particles of those bodies through which it has passed, and consequently, when many people are together in one room, the air must be strongly charged with their breath, therefore old people, thus surrounded by a multitude of young, must of course take in a great quantity of that air, which the youthful part have respired, and which must be loaded with the particles carried off, in passing through their lungs. Those who have considered the action of odours in general upon the human body, will be the more disposed to give credit to this mode of lengthening our days, than the more superficial reader. The great Borehave observes, that the surprising virtue of plants may be diffused through the air, and carried to a vast distance by winds, so that we must not, says he, “ presently account as fables, what we find related in
“ the history of plants concerning the surprising effects
“ of effluvia. The shade of the walnut gives the head
“ ach, and makes the body costive; the effluvia of the
C 2 “ poppy

“ poppy, procures sleep, and the vapour of the yew
 “ is reputed mortal to those who sleep under it, and
 “ the smell of bean blossoms, if long continued, dis-
 “ orders the senses.”*

There is a spirit in plants, peculiar to each species, absolutely inimitable. If therefore the smell of *vegetables* have such wonderful effects, much more powerful effects surely may be expected, from animal odours; for if diseases are conveyed from man, to man, by the breath (a fact which cannot be disputed) why may we not conclude that youthful breath conveys Health and Long Life to the aged? Every body has experienced the sweetness of the breath of cows, and for that reason it is esteemed wholesome, and as the fragrancy of young people's breath, who are brought up under a proper regimen, falls little short of that of cows, it is natural to suppose, that it is productive of the same virtue. The brisk and lively motion in the blood of young people, is the cause of their health, vigour, and growth; and
 I see

* The ingenious Dr. Priestly observes, that a candle would not burn in a certain quantity of air in which a fresh cabbage leaf had remained only one night; to what a condition then must the air be reduced, in and about the market place of this and other cities, where such immense quantities of rotten cabbages and offals of flesh, and fish, are allowed to remain in heaps for many days together! and these vegetables too, are not the offspring of virgin mould, but raised on hot beds, and come to market even in their best state, with a tendency to putrefaction. But in THIS CITY, particular care should be had, to the early removal of such nuisances, not only because BATH is a great hospital for the sick, but being so surrounded by high hills, the air is not, nor can be ventulated so often, nor so well as towns in a more elevated situation. These evils however might be avoided by a proper exertion of the magistrates, and yet the lower town, is lamenting the rising prosperity of the upper, without using the means of maintaining that superiority which the warm fountains alone would give it, would they silence the bells (a most intollerable nuisance) and keep their streets and markets daily cleansed; but above all, remove the fuming dunghills which lye smoaking in the inn yards, and under the very noses of sick people on their first arrival, who have not airy lodgings previously provided for them.

I see no reason to doubt but that the *re-respiring* their breath, may rouse the sluggish circulation of men advanced in years ; but those who would see more on this singular subject are referred to HERMIPPUS REDIVIUS from whom these hints are taken.

There are a set of people in Spain called *Salutadores*, who pretend to cure wounds by breathing on their patients, and thought no great efficacy can be expected in such cases from the breath of those people, yet breathing on people in a swoon, brings them, it is said, to action, and life, sooner than any other means. It is not probable that *Hermippus* by reasoning, found out this remedy against old age, it is more probable, that the remedy found out him, and that he found himself revived when he was in the company of youth, and it is worth observing, that all cheerful, healthy old men, are fond of young company. History informs us that many who spent their time in the education of youth, have lived to great ages ; *Gorgias* the master of *Isocrates* published a book in the 94th year of his age, and long survived that publication, and died esteemed the most eloquent man in Greece. *Zenophilus* a *Pythagorean* philosopher, taught a numerous school of youth, till he arrived at the age of an hundred and five. *Lewis Cornaro*, so well known by his treatise on a sober life, says, that when he first began his regimen, he took home *eleven little nephews* whom he educated himself, adding, that when he returned from the senate he always entertained himself in *their company and conversation*. *Francis Secordi Hongo* who was consul for the state of Venice in the island of *Scio*, died there in his hundred and fifteenth year, he had married five beautiful young women, and had beside, fifteen or twenty concubines, by whom he had forty nine sons and daughters, and these he educated with the utmost tenderness, and was *constantly with them*. His hair was quite white at fourscore, but turned black at an hundred, as did

did his eye-brows, and beard, at an hundred and twelve. His dinner was generally a few spoonfuls of broth and something roasted, and his suppers were bread and fruit; his beverage, distilled water, without any addition of wine, he was a man of a pleasant, sprightly temper, and perhaps (though he did not know the cause) his health and spirits arose from the young girls, and youthful persons with whom he constantly conversed, and it is most probable that *Hermippus* was either a tutor or director of a college of young virgins, where there might be a constant and quick succession of female children, from the age of five to thirteen. Drs. Busby, Friend, Nicholls, and many learned men, who have been at the head of great schools, have all lived to a considerable age, and I have a brother some years older than I am, who enjoys perfect health, and who spent near forty years in a great school, but if the breath of young people does not tend to Long Life, the society of lively cheerful people of all ages certainly does. Nor is there any better sign of Long Life in old men, than their being of a lively, sociable disposition, and fond of young company, of which I could point out many particular instances: * not to mention Frenchmen in general, who though they indulge in eating as much as any men, have more vivacity than men of other nations, and live to a greater age; a Frenchman never gives up the society of young women, nor young company, till he is unable to keep any.

When a man has lived to what is called a good old age, he looks back with astonishment at the rapid manner in which he has arrived to it! the second twenty
years

* Captain Hood, of this City, is 85, and though above the usual size of men, enjoys the use of his limbs and faculties, accompanied with a cheerful temper.

years of the life of man, seems rapid enough, but the third, is gone without his knowing how! and we hurry from infancy to childhood, and from that to manhood; middle age; feebleness; misery, and even to dotage; while we vainly flatter ourselves, we are *preparing* to fit comfortably down to enjoy life, after the fatigue of public business, or idle pursuits of riches or honors, without being aware, that the most important of all sublunary objects, become carrion by the time they are hunted down, and that if they were capable of administering happiness, we are got beyond the powers of enjoying it. By the time a man arrives at three score, he has had such frequent opportunities of examining the wires and mechanism of the great shew (THE WORLD) and thereby discovering, how the tricks are performed, that the entertainment ceases.—We are no longer amused with the tricks of a juggler when we know *how* they are performed. To conclude, as it is very evident that without health and good spirits, life is a burthen, and that these two first of all blessings, cannot be obtained but by exercise and abstinence; it is astonishing that men, especially after the *height-day* of youth is over, will go on in loading their bodies with distemper, pain, and sorrow, till life is not worth accepting, and then repair to Bath, as if the aid of these fountains, *without their own*, were capable of working miracles, and yet I daily see people who professedly come to Bath for these purposes, first drink three pints or a quart of the Bath Waters, and then sit down to a meal of SALLY LUNS or hot spungy rolls, rendered high by burnt butter! such a meal, few young men in full health can get over without feeling much inconvenience, and I have known and seen it produce almost instantious death to valetudinarians.

OF SURGEONS.

IF I have spoke too slightly of the practice of physick in general, I hope to make myself whole again by expressing the respect I bear to men of a profession of such infinite service to mankind. Men who can restore sight to the blind, ears to the deaf, limbs to the cripple, remove the excruciating torments of the stone, and who have carried their art to such perfection, as even to preserve life when the seat of life, and sense itself, has been deeply injured, merit every attention which is due to so much excellence. I have lately seen in the possession of one of these ingenious men,* a stone he cut out of the bladder of a young man, of a most enormous size, and of so irregular a surface, that it was frightful to behold! But what is still more extraordinary, I saw the subject from whom it was taken six weeks after in perfect health, and with his bride under his arm. The cures performed by the professors of this excellent art, come home to the evidence of every man's senses who see them, and it is a pity we cannot obtain the same evidence in favor of medicine. Bath has several gentlemen very skilful in this profession, beside Messrs. Wright, Rundull, and Nicholls, and if I am not misinformed, they have within their reach, a gentleman, who though he has retired from business himself, retains those feelings he has so long shewn to his own patients, for mankind at large, as always to be ready to give his advice to his brethren in cases where a more than ordinary skill is requisite, and indeed, I have seen this obliging favor conferred in a manner that good men always do confer favors.† A few years since

* Mr. Sharp of the Old Jury.

† Sir Cæsar Hawkins Bart.

since, an opinion prevailed in England, that there were no Surgeons with us, to be compared to those of Paris, however if my leg is to be broke, or my scull fractured, I had much rather it should happen at London, or Bath, than on the *Pavè* of Paris, though I believe a man may break his own bones, or another man's, rather cheaper at the latter city, than at the former.

Chap. VI.

OF BILIOUS DISORDERS.

As the Bath Waters are considered in a more particular manner, servicable in all disorders where the influx of the bile is obstructed, either by concretions in the gall bladder, or other biliary defects, and as I have myself suffered the most intolerable torture, at times, for more than twenty years, and yet out lived that painful disorder, perhaps I am as well qualified to give *my advise* in this particular case, as any man living, I am sure if bodily pain, and exquisite torment could instruct me, I am deeply and well instructed; for I am confident that my gall bladder has been more than once, as compleatly full of gall stones, as if it had been taken out, of my body, filled at the sea beach, and replaced, indeed I once passed seven and twenty large gall stones in one day, the smallest of which was larger than such as I have seen, which have, by sticking in the duct, of other patients, occasioned their death. The last violent fit I had, was ten or twelve years ago, when I passed the largest, and as Dr. Heberden *then* assured me, the only one that was in the gall bladder, and which is now in his possession, he knew it to be the only one, because it was not (like the others I passed) burnished in any part, as it would have been, had other

D

gall

gall stones lay in contact with it. The gall duct in its natural state, is not bigger than a crow quill, and yet

the last gall stone I passed, was about this size



It may easily be conceived therefore, what exquisite pain, stones even of the least size must occasion, when they are forced through a duct abounding with nerves exquisitely susceptible, and disposed only for other purposes. Dr. Heberden indeed is of opinion, that it is the most accute pain the human frame is liable to, and says that he has often seen it occasion a temporary madness. This disorder however, by coming on very suddenly, i. e. whenever a stone gets into the duct, is often mistaken for the cholic, and strong cordials are as often given, which aggravate and encrease the disorder. I shall therefore endeavour to point out the symptoms of the gall stone-pain, so that I hope, it cannot be mistaken, first observing, that though twenty gall stones, may be in the gall bladder, they occasion, while there, no violent pain, but rather a fulness, and disagreeable sensation, especially after meals, while the stomach presses upon the liver. But as nature is ever buisy to cast off whatever is hurtful to the body, the least motion, sometimes throws one or more of these concretions into the gall duct, and that occasions, according to the size, or its uneven surface, more or less pain, the least of which is painful enough, but this exquisite pain is confined to a spot, at the pit of the stomach, and not more extensive, then the stone which occasions it, but what is still more particularly to be noticed is, that it does not at first, and often not at all, occasion any alteration in the pulse. In order therefore to pass the stone, or to return it into the bladder again, which often happens, a warm bath, or an ox bladder half filled with hot water, applied to the stomach

Stomach, will be of service till some very gentle physic has been given to open the body, after which, as laudanum relaxes more than any other medicine, it should be taken without fear: fourteen, fifteen, or twenty drops every half hour, till the stone is passed; alarming as this advice may seem, it is I am confident, good and honest advice, and that those who are in misery with this disorder, will thank God that he has given to man, a medicine of such wonderful powers to relieve him, or at least to mitigate the most excruciating torment; and where laudanum does not particularly disagree, it may be taken without fear, and with a certainty of relieving the patient, if any thing can; I have taken in one day, five hundred drops, and two grains of solid opium, and in the course of my life, an immense quantity, and yet I neither take it now, nor do I find any bad effects from that which I have taken so many years since. I speak with the more boldness of the method of relieving sufferers under this disorder, because I have always found it attended with success, and never with any bad consequences, and indeed very lately, the lady of a captain of a man of war, who had suffered grievously under this complaint, and who had been injudiciously treated, for want of knowing her real disorder, has been perfectly recovered from the instructions I sent her, for which her husband (though a stranger to me) applied.* His public duty called him to sea, at a time his wife was suffering most severely, and hearing from a friend of mine, that I had deeply tasted of the same disorder, he wrote to me, and upon his return from sea, I had the satisfaction of hearing that the lady was perfectly recovered, from following this method of cure, and I am very confident, that if keeping the body open by the most gentle means, warm bathing, and an ox bladder filled with hot Water

D 2

applied

* Captain Marshall.

applied to the pit of the stomach, with laudanum proportioned to the strength and condition of the patient does not pass the stone; there is much reason to fear no other method will. After the gall stones have passed, *which ought to be certainly known*, Venice soap, and the Bath Waters, keeping the body open at the same time, are most likely to prevent the concretion of a new quarry*. This disorder was scarcely known to the ancients, I was going to say scarcely known even to the modern practitioners of physic, for I suffered grievously under it for many years, before they, or I knew, from what cause my sufferings arose, and when I mentioned my own suspicions that it might be a gall stone complaint, one of the first physicians of the age, and but lately dead, pronounced it could not be, tho' I was at that very instant almost at death's door, by a gall stone sticking in the duct, yet he told me I might as well think I had a mill stone, as a gall stone there, and for no other reason, but because it had not then occasioned a temporary jaundice, which however it is apt to do, when the stone is large, and continues long in the gall duct. Women, from their sedentary life, are much more subject to this sad disorder than men, and women may be better able to ascertain a certainty of the complaint than men, especially such who have had children, for the efforts the stone makes to pass the duct, are very similar, I am told, to labour pains; for it gives short respites, in order to enable the patient to bear the following throws. I have more than once, however, caused the stone to pass, or return into the bladder, by lying upon my belly on a table, and a heavy person sitting on my back, but much oftener, and that too, thirty years ago, when being suddenly attacked with it, on the days I was engaged to dance at the

* The saddle is the seat of health, and particularly to persons subject to bilious disorders.

the ball here, and *then*, rather than lose my partner or my diversion, I have run over the parade, bent double with pain, to the Apothecaries, and taken forty drops of laudanum, and afterwards enjoyed my evening entertainment, without any inconvenience from the disorder, or the medicine which removed it. Dr. Cheney, speaking in praise of laudanum and its blessed effects, when properly administered, concludes by referring the reader to the numerous herd of sufferers who have most experienced its efficacy, I am one of that number, and I am confident I should have long since been numbered with the dead, had no such blessed medicine been given by God, for the relief of miserable men. It is said to be the pillar of physic, and I doubt not but all suffering patients, whatever their disorder may be, have opiates, under some form or other prescribed for their relief at least, but in this painful disorder, it is most likely to produce a cure, by relaxing the parts, and taking off the spasms from the gall duct, which prevent the expulsion, or return of the stone into the bladder, but as nature always pushes to her own relief, it is most probable, that she prevails in throwing the concretions forward, rather than retaining them, to have the same sad work to go through again, and that too, at no very remote day, for when the gall bladder is over charged with them, that first of all physicians, DR. NATURE, is not easy, till the morbid matter is removed, and I am inclined to believe, that none of us who live to any age, are quite exempt from small concretions in the gall bladder, it is certain that they have been found in most bodies which have been opened for other causes; and therefore a sudden pain in the stomach which arises when nothing has been taken likely to disagree with it, should not hastily be treated as a cholic, or nervous complaint, nor hot medicines poured down, which are particularly injurious at such a time, in this disorder.

There

There is no part of the human frame more wonderful than the manner by which the blood conveys the bile to the gall bladder, nor any part of the body which is not to be come at, more readily by medicine, as may be seen by those who are curious, in the writings of Dr. Keil, but the disorders of the liver and gall bladder, are accurately, though tediously, pointed out by the late Dr. Coe, of Chelmsford, whose treatise on biliary concretions, should be read, by every person who suffers, or has reason to imagine they suffer, from obstructions of the liver. Whatever his skill in general might be, I can say nothing to, but I can vouch for his having traced the symptoms, of the gall stone sufferers in such a manner, that I cannot tell how to believe, he was not a *patient*, as well as a physician to that disorder. When he first published that work, I was so forcibly struck with his observations, that I immediately went to see him at Chelmsford, to return him my thanks, and to give him a fee, but he was a retired man, and I found it almost as difficult to come at him, as I had to come at the gall stones, and when I did, I could not prevail upon him to accept of any thing but my thanks, it was enough he said, that I had bought his book. If I have written weakly on this subject, the reader will excuse, nay applaud me, when I assure him, that my own bodily sufferings has induced me to offer every means of relief to others, which I have tried with success to myself.

Chap. VII.

Remarks on Dr. OLIVER's Essay on the Use and Abuse of Warm Bathing in Gouty Cases.

Dr. Oliver, with whom I was more intimately acquainted as my friend, than my physician, was unquestionably a very ingenious man, and has given very good

good reasons why Gouty patients, may have been greatly injured, by injudiciously bathing in the Bath Waters, but that the contrary effect, he says, would have happened, had the patient followed the *advice of an able physician*, therefore when a physician writes upon the method of treating any particular disorder, it cannot be supposed that he does not think (and hope his readers will think so too) that he is the properest person to be consulted, on *that particular* head, he is therefore interested in giving a *gentle alarm* to the Gouty patient, lest he should venture to bathe, or use the waters, by the advice *only*, of a *foreign physician*, or have the temerity boldly to venture in, and ask no questions till he comes out again, and that only to himself; such as,—Do I feel better for having bathed yesterday?—Did I stay in too long?—And am I thereby become weaker?—Was the bath so hot as to obstruct, or promote perspiration? &c. &c. But should not every man's own reason inform him, that warm bathing moderately used, is a fomentation which suples and strengthens all parts of the body at once, and by gently shaking the fibres, helps, and promotes the vital motions which were stagnating? Bathing says an ingenious writer, “ cannot but wonderfully open that
 “ almost infinite number of secretory orifices upon the
 “ surface of the skin, and clear the cutaneous ducts of
 “ matter, which is apt to stick in them, by the aperture
 “ of which *spiracula*, the fluids of the whole body have
 “ more room to move in, and find proper vents to
 “ reak out a great deal, which it is of service to the
 “ economy to get rid of. These* *fulphur fountains*” (meaning the Bath fountains) says he, “ inwardly used,
 “ to amasement warm and strengthen a decayed stomach, especially, if relaxed and worn almost out with
 “ luxury and debauch.”

But

But the direction for the manner of bathing says Dr. Oliver, “ *requires more skill than is commonly imagined.* “ *The physician’s knowledge of all the particular circumstances of the patient’s case, and constitution, can alone enable him to give it rightly.* In general, says he, “ the bather must go into the most moderate bath at first, and his stay in it must be short, he must go very leisurely from one degree of heat, to another, and lengthen his stay in the water as his physician *shall direct*, who will likewise *appoint the times* of repeating it, from what alterations *he observes*, bathing has produced in his patient’s body.” And in another place he says, “ Sick people believe that they come to Bath for the use of the Bath Waters *only*;—A bleeding, a vomit, or a purge, they think to be a sufficient preparation, they are so eager to begin with the waters, that they count even those few previous steps, loss of time, and if any farther means are proposed, as proper to precede, their entering upon a course of their drinking the waters, and bathing, they grow quite impatient; they have taken physic enough at home they say, and might as well have staid there, and taken it on, if that was to remove their complaints: they came hither for the use of the waters, but their affairs will not permit them to stay a great while, and therefore they are resolved to begin with the only remedy they came for, without farther delay. Accordingly, says he, some gross habits, and unsound *viscera*; stuffed with full meals, and inflamed by spirituous liquors, others emaciated, weak, and dispirited, worn down by their distemper, and easily becoming hectic, by being over-heated, plunge into the bath in a very improper condition; they are told (by who?) that a short stay in the bath can do little good, and that the temperate part of it, which they are advised to bathe in at first, has too little efficacy to effect their cure, at least within the short time they purpose to spend in attaining it,

“ they

" they are then introduced to the boiling springs, and
 " there detained, till all the humours are rarefied to
 " such a degree, as to bring on faintness, sickness,
 " vertigos, and palpitations of the heart. However if
 " these symptoms go off, the hopes of a speedy cure,
 " and being taught to believe that these are the usual
 " attendants on the first bathing, they venture to bathe
 " again in the same manner, 'till the humours in gene-
 " ral are dissolved, the Gouty matter is set afloat, in a
 " greater quantity than nature can discharge, a high
 " burning fever is raised, followed perhaps by pleurisy,
 " a peripneumony, inflammation of the viscera, or even
 " an apoplexy, and the patient may justly be said to
 " have died of *improper Bathing*.*" Now admitting all
 this caution was really necessary for the patient in Dr.
 Oliver's days of practice, it is rendered totally useless in
 these; a shameful custom having been introduced of late,
 by the inferior people about the hot baths, and connived
 at by the physicians, whose duty it is to prevent it, of
 sacrificing fifty patients, in order to gratify one, the
 truth is (and these people dare not deny it) that by
feeling the pulse of a sergeant, a guide, or a *somebody*
 about the kings, or any of the public baths, I can pro-
 cure a violent hot one, a moderate hot one, or a warm
 one, and all my fellow bathers must take it to my *goût*;
 instead of the natural temperament! how then shall
 a physician, *knowing this*, prescribe with any degree
 of certainty, what number of minutes his patient
 is to remain in the water? for surely if I may stay fif-
 teen minutes in the hottest bath, I may remain thirty in
 a warm one, and unless the guides inform the physi-
 cians daily, *how their own pulses have been felt*; how can
 the physicians feel the pulse (*but in the same way*) of
 E their

* Let it be remembered however that Dr. Oliver, considered the
 Bath Waters to be sulphureous, but that Dr. Lucas has proved they
 are not, but acid.

their patients? or may they not as well, nay better, lengthen or shorten their time of bathing, by the barometer of their own reason? this shameful and dishonest practice, ought instantly to be put a stop to, but whether it is more immediately the business of the corporation, or the physicians, I cannot take upon me to say, but thus much is certain, that till it is effectually prevented, the unhappy patients go in, like a ship at sea, without compass or rudder, and must take their chance, whether to sink or swim. I am aware that this tale, *told out of school*, may put me into *Hot Water*, of another kind, but I will discharge the duty I have undertaken, as well as I can, or *my patients* would pronounce me equally criminal if I were to conceal these sinister doings of my male and female chums, *the wet bath-guides*. If the field officers of a corps neglect their duty, so will the sergeants, corporals and private men, a relaxation of discipline, has taken place here, as well *as else where*, and till we have a total change of officers, the *volunteer* waters of Bath, will gain no great credit in the service of the public.

BUT to return to Dr. Oliver, may it not with reason be asked, what degree of understanding a patient must have, who finds himself worse, instead of better, and yet suffers an ignorant, and *interested water-guide*, to persuade him to act contrary to the evidence of his own senses? if a man has a mind to kill himself, he may do it by a much shorter method than *this* pointed out by Dr. Oliver. who seems to treat every patient who is not a physician, as if he was a child, or a fool; and though his advice relative to bathing may be honest advice, his attempt to alarm the bather is artful, and had an eye to his own benefit, as well as the patients. But what Dr. Oliver says relative to the drinking of the waters, so exactly corresponds with Dr. Batty's observations mentioned above, that it may be worth reciting.

“ But

“ But when we recollect, says Dr. Oliver, with how
 “ much greater power the water *drank immediately*
 “ *from the pump, before its volatile parts are flown away,*
 “ *has,* beyond that which is drank a few minutes after
 “ it has been in the glass, we cannot but own, that
 “ breathing these particles, for thirty or forty minutes
 “ (meaning while the patient is bathing) must have a
 “ considerable effect,” it is clear then, that the patient
 has nothing to fear, if he begins by drinking them in
 small quantities at a little distance from the pump, and
 approaches, or retires from it, as his *own* reason, not
 his physician’s opinion, directs, and the same rule
 should be observed in bathing, by going into the coolest
 part of the bath first, staying but a short time there,
 and *feeling* for their effects, by the evidence they pro-
 duce to his *own* senses, but as Dr. Oliver was himself
 many years before his death subject to the gout, I am
 a little surprised not to find, what effect they had on a
 gentleman, who so well knew how to direct their use
 to the best advantage, or, if he did not use them, why
 he did not! it must however be remembered, that the
 Doctor’s Essay was published in the year 1751, and I
 am not sure, though he was not then a young man,
 whether he was, or was not, subject to the gout, so early,
 this however I can affirm, that in more than five and
 thirty years acquaintance with the Bath Waters, and
 with many of the resident physicians, I never recollect
 to have seen one of them *in the hot water*, and the
 author of the New Bath Guide, seems to have made
 the same remark, for says he,

“ Not one of the faculty ever has try’d,
 “ These excellent Waters to cure his own hide,
 “ Though many a skilful and learned Physician,
 “ With candour, good sense, and profound erudition,
 “ Obliges the world with the fruits of his brain,
 “ Their nature and hidden effects to explain.”

THE truth however certainly is, that any man of common sense, may, by first using that discretion which is obvious to all men, when they tamper with a powerful medicine, drink it with the utmost safety or bathe in it without danger, and even without a physician, provided they empty the vessels, in proportion to the strength, and fulness of their habit, and proceed, or recede, as they find the effects, good, or bad, and indeed, since this shameful practice of the public baths being prostituted to the avarice of a sergeant or a guide, the bathing patients, can have no other rule to go by, than the evidence of their *own senses*, but whether the physicians are more criminal in concealing such an unfair practice, than I am in exposing it, I will leave to the decision of *their* patients, and *my* readers, but if the fact should be denied, as it probably will, I will undertake to prove it, and now, if the reader is, as I am, turned of forty, he will be at no loss to find his way into the Bath Waters, though he must take his chance, as to the degree of heat *Messrs. the water guides*, please to prepare them for him.

A D I G R E S S I O N.

BEFORE I proceed to the next chapter, it may not be amiss to bring before the reader, the sentiments respecting long life and health, of that profound and first philosopher, this or perhaps any other nation ever produced, (*Dr. Graham, and Edmund Rack only excepted*) I mean the immortal Lord Bacon, who says, “ there
 “ is a wisdom in this beyond the rules of physick, A
 “ MANS OWN OBSERVATION, WHAT HE FINDS
 “ GOOD OF, AND WHAT HE FINDS HURT OF, IS
 “ THE BEST PHYSIC TO PRESERVE HEALTH,” and
 it is a safer conclusion says he, to say, “ this agreeth
 “ not well with me, and therefore I will not continue
 “ it, than to say, I find no offence in this, and therefore
 “ I may

" I may use it. For strength of nature, he observes,
 " passeth over many excesses of youth which are owing
 " a man, till he has age. Discern of the coming on of
 " years, and think not to do the same thing still, for AGE
 " will not be defied. Beware of sudden change in any
 " great point of diet; and if necessity inforce it, fit the
 " rest to it, for it is a secret both in nature and state,
 " that it is safer to change many things than one. Exa-
 " mine thy customs of diet, sleep, exercise, apparel,
 " and the like, and try in any thing thou shalt judge
 " hurtful to discontinue it by little and little, but so,
 " as if thou doest find any inconvenience by the
 " change, thou come back to it again, for it is hard to
 " distinguish that which is generally held good and
 " wholesome, from that which is good particularly,
 " and fit for their own body. To be free minded,
 " and cheerfully disposed, at hours of meat, and of
 " sleep, and exercise, is one of the best precepts of
 " long lasting: Avoid therefore, says he, passions of
 " the mind; envy; anxious fears; inward frettings;
 " or subtle, or knotty inquisitions, and sadness not
 " communicated. Entertain hopes; mirth rather than
 " joy; variety of delights, rather than surfeit of them;
 " and therefore novelties; studys, that fill the mind
 " with splended and illustrious objects, as histories;
 " fables; and contemplations of nature. If you fly
 " to physick in *health*, it will be too strange for your
 " body when you shall need it: if you make it too fami-
 " liar, it will work no extraordinary effect when sickness
 " cometh. I commend rather some diet, for certain
 " seasons, than frequent use of physick, for these diets,
 " alter the body more, and trouble it less. Despise
 " no new accident in your body. In *sickness* respect
 " health principally, and in *health* action, for those who
 " put their bodys to endure in health, may in most
 " sicknesses which are not very sharp, be cured only
 " with diet. *Celsus* could never have spoke it as a
 " physician, had he not been a wise man withall, when
 " he

" he giveth it, for one of the great precepts of health
 " and lasting, that a man do vary and interchange
 " contraries, but with an inclination to the more be-
 " nign extreme." I have often observed men to deal
 with phyfic as many do with religion, who think because
 they go to church *and serve God*, they are under no
 obligation to serve man, and their hearts are so
 hardened, by their pursuits after happiness for them-
 selves hereafter, that they disregard, and neglect, every
 thing which can tend to the relief and happiness of their
 fellow creatures here. So the constant dabbler with
 phyfic, thinks he may take liberties with his constitution,
 and indulge in too much eating, drinking, &c. because
 he has previously emptied the vessels, but a too fre-
 quent and improper use of phyfic, is as dangerous to
 the body, as such ill placed religion is to the soul, and
 a moderate use of both, produces not only the best
 health, but also the best citizens. Let not therefore
 the Bath Water drinkers think, because they have
 been early up. and by exercise and pouring down three
 pints of Bath Waters, and thereby procured an excellent
 appetite by eleven o'clock for their breakfast, that they
 may indulge their stomachs with the spongy part of
 hot rolls, heighened to their *gout* with burnt butter,
 yet this is no uncommon method made use of, to de-
 stroy all the good effects of the waters, and there has
 been instances of its bringing on sudden death, and as
 physicians only tell their patients what they may eat, I
 will venture to tell them what they should not eat. But
 to show what little stress there is to be laid on phyfic
 where no immediate danger is at hand, I cannot help
 mentioning a circumstance which happened within a
 very few years at Bath, in which I was a party con-
 cerned. A particular friend of mine, a man of fashion
 and fortune, in the heigh-day of life, and who knew the
 world, indulged himself to an improper degree, in gra-
 tifying the most predominant of all passions, and at the
 same

same time, conceived, that drinking water only, was most conducive to support him in the same way of life. I pressed him (for obvious reasons) to consult an able and sensible physician; he did so, and he was told wine was absolutely necessary, taken in a moderate degree, not willing to follow this wholesome and honest advice, he consulted another physician, who was *better bred*, and he encouraged him to continue water drinking. He then treated the advice of both with contempt, and only followed mine, which was to get half a dozen thin flannel waistcoats made, and wear one next his skin, he did so, and has told me since, that my PRUDENCE in waistcoats, and his own in taking at every meal, a certain quantity of good wine, has kept him in perfect health ever since, but added, that he never knew what it was to be truly comfortable, till he wore the flannel waistcoat next his skin; and to a man turned of forty, whom it does not weaken too much, a flannel waistcoat should be considered the first of all physicians. This piece of physical knowledge I learnt of Dr. Nicholls, whom I perceived so lightly dressed in very cold weather, that I begged leave to examine his mode of under dress, and found under his shirt, a coat of mail, made of good substantial flannel.

Chap. VII.

Of the Antiquity, and Ancient Baths of the City.

THOUGH it is impossible to say how long BATH has been the habitation of a great number of families, yet we are certain, that it was a city of no little note, in the time of the Romans, and that they had baths, which were, in every respect, more convenient, more useful, and more decent, than any of the modern public
baths

baths, till those new ones, opened last year, were compleated near the cross bath. The Roman baths, which were discovered in the year 1765 when the abbey house was pulled down, were laid open for a considerable time, and the great number of years they had been frequented, appeared manifest, by the steps which decended into them, being worn down into deep hollows by the foot steps of the bathers, of these Roman baths, sufficient remains are left to shew, that they were not only convenient, but sumptuous, they lye about twelve feet, below the *present soil*, and stood just opposite to the south side of the abbey church. It appears that when the gothic building, called the abbey house, was pulled down, that it had been built over the remains of the Roman baths, but unknown to be so, to the builders, for between the baths and the foundation of the house, were found a great number of large rough hewn stone coffins, in which were the remains of human bodies, as well as a great number of Saxon coins.

Dr. Lucas, a gentleman whose name will never be forgotten in Ireland, has given the public a plan of these baths, as well as a very particular account of the condition we saw them in, to whose account I refer those, who wish to be more particularly informed, and therefore, instead of reciting what he has said, of them, it may not be amiss to repeat what he has said of the Bath Waters. Dr. Lucas was allowed to be an excellent chymist, and as I well remember his analyzing the Bath Waters, in the presence of the late Lord Chesterfield, and several other sensible men, I think I may venture to say, that he thereby overturned a long established opinion of them, an opinion so long established, and which the physical people and citizens were so unwilling to give up, that he was in some danger of being overturned himself, for exposing them. It was, till that time a common practice of the
water

water guides, to turn the smooth shillings of the country people, who came to visit Bath, of a pale yellow colour, so as to resemble guineas, and this change they pretended to make, by rubbing the shillings in the sand and mud which the waters threw up, and which the physicians till that time, unanimously agreed was a proof that the waters were strongly impregnated with sulphur,* whether they REALLY thought so, or connived at the fraud, I cannot say, but it is very certain they became very hostile towards Dr. Lucas, for attempting to prove (as I think he clearly did) that no such sulphureous quality belongs to them, and therefore, if they did not know it, they ought to have known it: and to have thanked, not persecuted him for the discovery, and I am very certain, that he convinced the late Lord Chesterfield who attended his process, that the Bath Waters, so far from having any thing sulphureous in their composition, contain a subtil acid, which partly flies off in the open air, and a small quantity of iron, which separates, as the acid or heat diminishes, or is lost. But after all, what does it signify, and why was such an outcry made against Dr. Lucas? for whatever minerals the waters partake of, there is sufficient proof of the efficacy of them, to establish their reputation to the end of time, and as I have said above they,

Finish the war without striking a blow,
And establish soft peace, whence none can tell how.

It should also be remarked, that in the months of May, June, July, August and September, the baths have several pieces of scum swimming on their surface, and which scum was, till Dr. Lucas examined it properly,

F considered

* It was done by putrid urine only, and since that time has not been practised.

considered to be a sulphureous substance, but which he plainly proved to be a perfect vegetable, of the moss kind, when washed clean of the impurities, in which it was entangled, therefore without entering into an enquiry as to the cause of their heat, or what minerals the waters pass through, the best way is to apply to the evidence of every man's senses, and he who will examine the Bath Waters as they are given at the pump, will perceive a subtil acid arise from them, which soon flies off, and which is always offensive to weak lungs, and which corrodes all the iron work it washes, and it is observable that, asthmatic persons, cannot live within the effluvia of the Bath Waters. If then it is allowed that there is an acid of a subtil volatile nature in these waters, it is natural to conclude that this acid proceeds from a pyrite, of which a portion is continually thrown up by the water into the bath reservoirs, and this pyrite, is called, BATH SAND, it is very certain also, that sulphur and acids, cannot unite in the Bath Waters, and therefore if the waters will curdle milk (and this every Bath nurse knows it will do) it is from an acid, not sulphureous impregnations, that it owes its efficacy, and this, that ingenious man, DR. LUCAS, no less a lover of TRUTH than LIBERTY, has so clearly demonstrated, that I cannot avoid strongly recommending to every patient, who intends to drink the waters, but particularly those who are directed to bathe in them, not to do it, till they have dipt into his sentiments of their use, and abuse, his experiments and analyses are not only curious, but like an able chymist, and an honest physician, he has gone to the bottom of his enquiry, and brought this inimitable chemistry of nature, from the bowels of the earth, into fair day light, shewn, what its impregnations are, and wherein it can be serviceable to mankind, and in return, he has met with that fate the exploders of vulgar errors, generally do meet with, from men of inferior understanding,——PERSECUTION.

HOWEVER

HOWEVER it must be owned, that not only Lord Chesterfield was convinced of his experiments and the integrity of his intentions, but that Drs. Taylor, Winttingham, Watson, Sutherland, and Dr. Davies, (a most ingenious and candid man, who then practised physic at Bath) was also satisfied therewith, and therefore, notwithstanding what I have said above, relating to bathing in particular, having since read Dr. Lucas, with more attention, I must strongly recommend the valetudinarian bather, to observe what Dr. Lucas has said on that head; nor can I omit, transcribing what I had not seen, when the chapter on Apothecaries was printed off.

DR. Lucas speaking of bathing in the Bath Waters, says, for my own part, “ I shall be hard set, if I prescribe them to delicate patients, before I see them reduced to some decent and regular form, where their heat and every circumstance can be determined and adjusted, to the safety, and welfare of the patient, and the satisfaction and honor of the physician, if ever I find myself obliged to recommend them before the wished-for reformation be brought about, I am sure I shall feel no less horror, than every humane physician now does, when he prescribes a medicine of energy, and knows not into what Apothecary’s journeyman, apprentice, or servants hands it may fall, in the absence of the master, who generally, is otherwise engaged, quite out of the way of his just profession, whilst the patients health and life, and the prescribers reputation are at stake.” Such a remark as this, coming from a skilful physician, who however was himself originally a chymist and apothecary, sufficiently justifies what I have said in the second chapter, nor can I forbear reminding the bathing patient, that Dr. Oliver certainly believed the Bath Waters owe their efficacy to a sulphureous quality which

Dr. Lucas proves does not belong to them, and this is of the utmost importance to the bather to attend to if Dr. Lucas is right, but I am sure I should be wrong, if I omitted to give the reader his own words on a subject of so much importance.

“ Wherever then, says Dr. Lucas, warm bathing is found proper, in a relaxed state of the fibres, there the baths of Bath, under a regular oeconomy, must certainly be preferable to any, within my knowledge any where, but as they are capable of obstructing the pores, by which the greatest and most important discharges of the human body are constantly made, in an healthful state, they cannot be administered with too great care and caution, nor without just preparation.” And soon after he adds, “ If particular care be not had in administering these baths with due preparation, necessary caution, and strict regularity during the course; fevers of the worst kind may be occasioned, where nature has not the strength to throw off her burden in an inflammatory eruption, as we sometimes see it, upon the surface of the skin, whose glands are often obstructed, inflated, and elevated into troublesome and offensive pustules, upon the ill-advised or untimely use of the baths.”

The judicious reader will make his own comments upon what Dr. Oliver has said, of warm bathing, under the *idea* of a sulphureous bath, and what Dr. Lucas has said, under the certainty of an acid one, for he seems to have clearly proved, that the waters of Aix-la-Chappelle ARE sulphureous in a high degree, and that those of Bath ARE NOT, and though the wonderful efficacy of both, in certain disorders, cannot be doubted, it is certainly necessary that the real qualities of both should be thoroughly known to those who prescribe the use of them; unless it should appear they have no other effect, than baths of common hot water, which can hardly be admitted.

Chap. VIII.

Of Wine, and Drinking to excess.

THERE does not remain a doubt but that good wine, of a proper age, is not only an excellent cordial to the nerves, but that to men of a certain age, it tends to the prolongation of life, and it is worth observing, that in Spain, Italy, and France, it is never drank to excess, but in England, Scotland, Ireland, and Switzerland, it is; the reason is, the latter are free countries, where men are not afraid of the inquisition, or of spies and tale bearers. There are no people under the sun more sober than the Italians and Spaniards, yet we do not find, even with the advantage of climate, that they live to a greater age, than men with us who use the bottle freely. In youth wine may not be necessary, but in age, it certainly is, and the best way to find its effects, and even to receive benefit from it, is, to exceed now and then a little of the usual quantity, this gives a kind of filip to nature, and winds the machine up from a sluggishness, that age and indolence are apt to occasion. I am inclined indeed to think, that a man may set his face even against the approach of age, and push it off for some time, by determining to do as he has heretofore done. We should attend more than we do, to the effects of a little excess, not only of wine, but of more than usual exercise, and observe whether we do not feel younger, and better, after the use of one or both, for myself, I have often arose from my bed with the inactive indolent feels of age, but from some sudden emotions of the mind, the conversation of an unexpected convivial friend, or some family affairs, I have been so awakened, that the next day, I have felt as active, strong, and youthful, as at any period of my life. A man who loves his bottle in Switzerland, is highly esteemed, at Naples or Madrid,

he

he is dreaded, but I hardly ever knew one in England, who loved it, who was not at bottom, a generous, honest, and well meaning, if not a brilliant man. Those people who most avoid drinking, are in general men, who are most *interested* in keeping themselves sober, and the intemperance of the Swiss, is not so much to be dreaded, as the cautious reserve of the subtle Italian. The man who drinks his bottle, eats less than the sober man, and it is eating too much, not drinking moderately, which loads the body with humours which it cannot throw off, without throwing the man also.

OLD SAUNDERS, the well known landlord of the Angel at Abergavenny, who died lately at a very advanced age, seldom went to bed for the last forty years of his life, before he had swallowed some quarts of strong liquor, without any regard to the quality of it, nor much to the quantity, yet he died, I believe, a stranger to the gout. But where is the turtle eater, the venison glutton, or the devourer of high dishes, to be found, who has filled himself for half that period, without being overwhelmed with bodily misery, or fallen a victim to his intemperance? I am not an advocate for intemperance of either kind, but I would show that the human frame, can better resist that of too much wine, than too much food, at least after the meridian of life is past, and I again repeat it, as an observation of forty years back, that I have known twenty intemperate eaters die early in life, to one intemperate drinker; provided they were *bonne* companions, and wine, not dram drinkers.

HORACE, who was, for ought I know, as excellent a physician as a poet, points out in the strongest terms the advantages of temperance; and in the name of *Offellus*, bids his friends learn to live cheerfully upon a little, not says he, among tables shining with splendor, and luring the appetite by false appearances, but judge
of

of the matter, now while your stomach is empty, and I will endeavour to convince you if possible, that exercise, when it has driven away the loathing of full meals, and whetted your appetite, renders the plainest food delicious, nor will you refuse the *Falerian* wine, though it be not heightened with the honey of *Hymetus*, and further on, he calls upon his friends to learn the blessing of temperance and a frugal life, by remarking how light and cheerful the whole frame seems to a man after a plain, simple meal, and how different, when the stomach has been loaded with a variety it is unable to digest, and then concludes, by looking back at the simplicity of manners, and frugal taste, of his fore-fathers, and asks why it was not his lot to have lived in those first ages? Horace has very artfully put this lesson of temperance forth, from the mouth of *Offellus*, well knowing, that such advice would come with more force, from a man whose misfortunes would have fallen much heavier upon him, had he not practised to live within the bounds of moderation, when his fortune would have furnished him with all the luxuries of the time he lived in, as he was then, under the necessity of doing from having lost them. Notwithstanding Horace has said so much against full meals, yet he was himself no enemy to full glasses.

Chap. IX.

Remarks on Dr. Charlton's Analysis of Bath Waters.

DR. Charlton, I think, published his analysis during the life time of Dr. Lucas, and if I mistake not, very soon after the Doctor had publicly analysed them, in the presence of the late Lord Chesterfield, Dr. Davies, Mr. Haviland, Senior, and a great number of ingenious men. In the *first* edition of that work Dr. Lucas is not I believe

believe even named, though he says in his own work, a work subsequent to Dr. Charlton's, that he is *clearly glanced at*. In the second edition however published *since* Dr. Lucas's death, his name is *mentioned*, and three short extracts are given, to show how inconsistently he has expressed himself, relative to the powers of the Bath Waters, and is even charged with "flatly contradicting himself, so as to have unwittingly fallen into the opinion, which he meant to oppose." This charge is an heavy one, against a *deceased* gentleman, but if brought home, certainly gives Dr. Charlton an opening to support his own opinion the better, thought not such a triumph, as to insult the memory of an ingenious honest man, unable to speak for himself. This being the case, I will render him, as I would Dr. Charlton, under the *same predicament*, all the justice I am able.

FIRST then, I must observe, that short extracts, given from a work of that nature, are not quite fair; and secondly, when they are *pointed strongly* as such, no word should be *added* or *omitted*. Yet, in the three short extracts given by Dr. Charlton, from Dr. Lucas's book, two words have been added by mistake I hope, which enforce what Dr. Charlton means to prove, tend to lessen the writers veracity, and set the Irish physician forth, as a blundering, *Bull-maker*, but who was in reality a clear headed, sensible, honest man, as well as an able physician, and an excellent chymist.

DR. Charlton gives the three following extracts, from Dr. Lucas, but they are a part only, of what the reader, as well as the relater, may think should have been given, and these extracts are marked as given *verbatim*: In the first, Dr. Charlton says, that Lucas in page 277 *tells us*, "the first thing remarkable that presents itself to observation, is a subtle acid, which flies off in vapour, and sometimes sensibly strikes the nose."

Now says Dr. Charlton, “ was this a fact, it would terminate the dispute.” But Lucas does not say *and* sometimes sensibly strikes the nose.—He says—“ a subtil acid which flies off in vapour, sometimes sensibly strikes the nose, always proves very offensive to weak lungs, and powerfully corrodes all the iron works, in, and about the baths.” Why then was the *and* belonging to the *last* period hoisted up to the first? would it not have appeared more candid to have given the extract as here recited, its full force, than a part only, helped out with an, *and*, which does not belong to the author? In the next extract, from Lucas, Dr. Charlton says, or what *he tells us* a little after, page 298, that, “ it is true this acid is in a great measure *so* saturated with terrene matter, as well as diluted with water, as to be imperceptible to the senses, Tis unlucky indeed says Dr. Charlton, to meet with *so* much contradiction, within the narrow limits of *so* few pages, but it may not be without its use, for seeing one writer has declared it to be his opinion, that this acid *per se* does not exist, another is in doubt if it exists or not, and the third not only *flatly contradicts himself*, but has unwittingly fallen into the very opinion he would oppose, &c.”

BUT were Dr. Lucas himself living, might he not, nay would he not, with as much justice, and more propriety, charge Dr. Charlton, with falsely quoting him, within the narrow limits of a few lines, than he has charged Dr. Lucas with flat contradictions within a few pages? For Dr. Lucas does not say, “ *so* saturated with terrene matter, he says, this acid is, in a great measure saturated (not *so* *saturated*) with terrene MATTERS, as well as diluted with water, as to be imperceptible to the senses, BUT STILL, these effects are to be attributed to the mineral acids only, any of which, though saturated perfectly with abfor-

“ bent earths, or even mineral alcalies, produce these
 “ effects with milk.

THE third extract Dr. Charlton gives us, from Dr. Lucas, is as, *far as it goes*, given *verbatim*, the extract is as follows.

“ THE water newly drawn, says Dr. Lucas, or
 “ taken up as near the source as may be, has no sen-
 “ sible smell, no more has its vapour.” But why stop
 short here, without adding what follows? For con-
 tinues Dr. Lucas, “ though from the bath, while it is
 “ filling, and soon after it is emptied, the acid smell
 “ of the pyrite may sometimes be perceived, without
 “ any of the fetid smell, necessarily attending waters
 “ in any manner impregnated with sulphur and heated.”

Now if any candid reader will say, that the above three garbled extracts, with the *addition* of the mony-
 fyable, *and*, in one, and the *so*, in the other, do not tend
 to mislead him, I am very ready to acknowledge myself
 as great a *bull-maker*, and blunderer, as the deceased
 doctor, but having read his treatise, of the nature and
 qualities of the waters of Bath, with attention, I see
 no reason to charge him with either blundering, or in-
 consistency; on the contrary, it appears to me, (and I
 am SURE it did so to the late Lord Chesterfield) that
 he has ascertained the true character of the waters, but
 however, admitting he has not, is it candid? is it ge-
 nerosus? to give curtailed extracts, not accurately taken,
 and then to use them in an illiberal manner, so as to hold
 up a gentleman, who was the idol of his native country,
 and allowed to be an ingenious man, as an *hubble bubble*
 analyser of waters, who knew nothing of the matter?
 I must therefore give one extract from Dr. Charlton's
 own book, in which I will not alter an *iota*.—“ The
 “ reader perhaps (says Dr. Charlton) may be inclined
 “ to satisfy himself with the information *these sheets af-*
 “ *ford*, or determine, as a more easy way, *tantas com-*
 “ *ponere lites*, to think no more about them, which re-
 “ solution

“ solution would be so far from displeasing to the author
 “ of this tract, that he promises to follow the example.”
 But it may not be amiss to observe, that if I had followed this piece of advice, and had not read what Dr. Lucas has *really* said for himself, I should have considered him as a contemptible, lying, shuffling, prevaricating impostor, but having read, and well considered what he has said, and well knowing the opinion of the late Lord Chesterfield, Dr. Davies, Mr. Haviland, senior, and other ingenious men, I cannot but lament the loss of a man, whom they esteemed as an able physician, and an excellent, chymist, and therefore I am desirous of paying this small tribute to his MANES, were it for no other reason, than that he was also, a friend to mankind, the idol of his native city, and a philosopher, whose pursuit was TRUTH, and whose motto was LIBERTY. Had Dr. Lucas lived a few years longer, those favors, which his abused country have now obtained, by the timidity only of impotent ministers, would have reached them by his courage and eloquence, and therefore, exclusive of the knowledge he had in his profession, I am happy of this occasion, to express my reverence to his memory, as a steady and uncorruptible PATRIOT. Beside, I can by no means allow, that Dr. Lucas has “ *flatly contradicted himself,*” or indeed that he is in the least liable to the charge, taking his extracts, *as given* by Dr. Charlton, he certainly appears guilty, but taking in the whole sentence, and leaving out the (*and*) and the (*so*) he stands, in my humble opinion, clearly acquitted, and perhaps he may stand so in the readers.* I shall therefore, give these three capital charges against him, their *full force*, by reciting his words and meaning more fully.

“ Having, says Dr. Lucas, thus seen what the
 “ waters carry with them undissolved ; let us examine

* The author earnestly recommends the reading of both these physicians' arguments.

“ what they contain dissolved, and united with them.
 “ I shall set out at the *pump-room*, and afterwards take
 “ in the other sources. The first thing remarkable,
 “ that presents itself to our observation in this water,
 “ is a subtil acid, which flies off in vapour; *sometimes*
 “ sensibly strikes the nose, always proves very offensive
 “ to weak lungs, and powerfully corrodes all the iron
 “ work in and about the baths.”* These are his re-
 marks of the water *at the pump*, and in the pump
 room. But when he speaks of the waters newly drawn,
 or taken up as near the source as may be, it has no sen-
 sible smell, he says, no more has its vapour, where then
 is this flat contradiction, in giving the waters *sometimes*
at the pump, a *something*, which sensibly strikes the nose,
 and which every body who has a nose may be sensible
 of? But that the water taken up *as near the source as*
may be, has no sensible smell. The contradiction then
 comes to no more than this. That *at the pump*, and
in the pump-room, it *sometimes* sensibly strikes the nose,
 but in the open air, and as near the source as may be,
 it has no sensible smell: should then a man who speaks
 truth, and from the evidence of his own senses, be
 charged with flat contradiction, for sometimes smell-
 ing that in the pump-room, which he did not smell at
 the fountain head? who is wise enough to say, that at
 the very instant these subtle waters gush from the earth,
 they may not be very different, from what they are
 when they have passed through lead, or copper tubes,
 corroded with terrene matter, so as to add a smell, it
 did not possess in the bowels of the earth, or to dimi-
 nish what it had? But I would ask Dr. Charlton whe-
 ther it was not Dr. Lucas who detected the fraud of
 the bath-guides, who pretended to tinge silver of a gold
 colour, and whether the Bath Waters have any such
 quality? and whether the moss for many years, called
the Bath sulphur, and prescribed by the physicians of
 Bath,

* The reader is desired to compare this extract with the original, and with Dr. Charlton's also.

Bath, as particularly balsamic, when applied to the injured parts of the body, or limbs, was not *first shown* by Dr. Lucas to be only a vegetable, which floats on the surface of the hot waters, in particular months of the year? I will answer this question, and say that it was Dr. Lucas, who discovered the fraud of one, and the folly of the other, for I give it in the same words I heard it from Lord Chesterfield's mouth, who was a man not easily imposed upon. I must observe also that Dr. Lucas did not come to settle at Bath, nor to write for his *own* benefit, as well as his patients; no: he came here, in search of truth, and became obnoxious to interested men, for daring so to do: but it seems to be the fashion, for every physician, soon after he is settled at Bath, to attempt establishing his reputation, by writing a treatise on the Bath Waters, and I much wonder, I have not seen something under this head, from Drs. Graham and Gustard, but as Dr. Charlton truly observes, seeing one writer declares one opinion, a second, another, and a third no opinion at all, the reader perhaps had better adopt mine; that God's secrets are impenetrable to man, and that every man who hopes to receive the benefit these powerful and truly valuable waters impart, must try them by the evidence of his own senses, beginning with small quantities, at a distance, and advancing, or retracting, according to those inward intimations, which every patient must feel, but which few can so describe, as to make it known to another, for whether the waters *are of acid, or of sulphur*, there does not a doubt remain, but that God gave them for wise purposes, and that their healing powers, are perhaps, only known by their wonderful effects.

DR. Ingan-houfz, a very ingenious foreigner, and an excellent writer, having availed himself of some late discoveries of that great philosopher Dr. Priestley, relative to air, &c. says, " that fixed air, is that kind of
 " aerial fluid, which issues in abundance from fermenting

“ menting substances, and which in some places, rises
 “ out of the ground itself, as at the famous *grotta del*
 “ *Cane* near Naples, and it is this air, with which some
 “ mineral waters are impregnated, and to which, they
 “ owe their pungent taste, and their virtue.” Now, is
 it not probable, that this is all that can certainly be
 known of the Bath Waters? for we know with cer-
 tainty, that water, either boiled, or distilled, is there-
 by exhausted of the greatest part of the air it contained,
 and this is the reason why it is not so palatable, as com-
 mon spring, or pump water; the agreeable flavor
 therefore of the Bath Water, arises in all probability,
 from the fix’d air and acid, with which it is charged; and
 as drinking it, manifestly encreases the appetite, it is
 more in favor of an acid, than a sulphureous quality.

If any one should say, that an additional *and*; a *so*; an
in, or an *out*, are of little or no consequence in giving
 extracts, they should know, that General Jefferies,
 was broke at a court martial, for mustering an officer
 absent *with leave*; and when he was ordered to prepare
 for his defence, he called upon the author of these
 sheets (who then commanded the regiment) to return
 him his letter, that he might add to the word *with*, the
 addition of o, u, t, and then the difference would have
 been, that the officer would have been absent WITH-
 OUT leave, and the general *without* GUILT: so, an *and*,
 or a *so*, added: to give a FULL stop, to HALF a sentence,
 may destroy, in my humble opinion, the meaning of the
 author, and the extracter therefore stands reprehensible.

I am sorry to have found occasion to have made the
 above remarks, nor had I, when the first sheets were
 printed off, seen Dr. Charlton’s comments on Dr.
 Lucas’s writings. I must however strongly recommend
 to those patients, who use what is called the dry pump,
 to read, what Dr. Charlton has said on vapour baths,
 which seems a matter of the utmost importance to
 such patients.

Chap. X.

Of the Promiscuous Bathing of the Sexes.

LEAST the serious reader, should think what has been said in the fourth chapter improper, relative to the innocent, and inoffensive country woman's announcing, in so sudden a manner, the number of children she had brought into the world, perhaps it may be proper to mention that subject again, and if the author should be charged, with treating a serious subject wantonly, let it be remembered that he did it with a virtuous intention, and to show, how indecent it is, for men and women to bathe promiscuously. The man who can look on a fair woman in loose attire, whose beauty is heightened by the glowing warmth of the bath, with an eye of indifference, must be one of the male sex, I fortunately, have never yet met with, and if the good countrywoman, who with the most perfect simplicity of manners, could be so suddenly *alarmed*, who can say that the most chaste virgin who ever dabbled in warm water, may not, by making a *false* step over these fountains, *be alarmed also*. Is this the place then, where the sexes are to meet, in a manner half naked? nay often join hands, as in the dance, to conduct each other from recess, to recess,—surely not: but if I could decently repeat all the transactions which I have seen in the baths, without mentioning those I have heard, I should stand fairly acquitted, for holding forth the picture of the *country dame*.

IT was formerly the fashion, as observed above, for both sexes to bathe together quite naked, and even down to NASH's days, it was an invariable rule for the ladies of youth and beauty, to adorn their heads, for the bath, with all the lures of dress, that the fashion

fashion of the times, or their own fancies could furnish, by which means, their charms were set off to such advantage, that the husband of a lady in the cross bath, who was, with NASH, and other spectators, admiring the female dabblers, told his wife, she looked so like an angel, that he wished to be with her. Mr Nash then an adventurer, and in the *hey-day* of life, seized this favourable occasion, to establish his reputation, as a man of gallantry, and spirit ; and therefore suddenly taking the gentleman by the collar of his coat, and waistband of his breeches, threw him soufe over the parapet to the object of his love. But if there were not these reasons to shew the great indecorum (to say no more) of the sexes bathing together, others, of a more serious nature may be urged. Those who bathe for health, ought to be quite naked, and consequently quite private, the canvas coverings, now put on, prevent the waters coming, as they ought, in contact with the body ; beside, friction, both partial, or general, cannot be interposed, without the body be quite naked ; and therefore as baths are now provided where both sexes may bathe naked in private, I sincerely hope the time is come, when we shall never see any of the female sex, *sprawling* about, under the pump room windows. The promiscuous bathing of the sexes did not prevail in ROME, till effeminacy, the forerunner of the downfall of all empires, had become general, and it has been observed also, that the profligacy of women, has been another strong mark of the *approaching dissolution of kingdoms*.

Chap. XI.

Of M U S I C.

EXCLUSIVE of the rational amusement, which Music gives to every person who has an ear to receive it, there is not a doubt but it has a wonderful influence upon the frame of man, and that if it will not cure the bite of the *Tarantula*, yet a fiddle, is nevertheless a good doctor, and it is worth observing, that Music is always encouraged, at places, where company assemble for their health, those who best understand the human body, and the structure of the animal fibre, will most readily allow, that it must operate very powerfully, and that the spirits are not only raised by melody, but that the animal fluids are put into brisker motion, and the delicate concussions made upon the fibres by Music being short, quick, and easy, must effect the whole frame, therefore there is nothing absurd, in attributing extraordinary effects, to the power of Music, and it is rather to be wondered at, why it is not more generally considered in this light. The great Dr. Mead, had no doubt, but that Music has the power of curing the bite of the *Tarantula*, and his reasons (exclusive of the many assertions we have of such cures) are so philosophically stated, by that great man, that there does not admit a doubt of the good effect it has, not only on those bitten by the *Tarantula*, but on all who are bitten by the viper, rattle-snake, &c.

It is to be observed however, that Music has no influence in such cases, till an air is performed, which so strikes the mind of the patient, that it raises him into an extacy of delight, or dancing, therefore different instruments, as well as different airs, are often used, before the patient is moved, or set in action, and I have reason to believe that a good concert, would soon re-

move a nervous head ach, than the *æther* of WARD, or the *magnetic influences* of GRAHAM. The *fibre* is an animal thread, of which there are different kinds, some soft and flexible, and a little elastic, others more solid, and which have a strong elasticity, or spring, some of these fibres are very sensible, others void of all sensibility, some visible to the naked eye, others so minute as to be seen only by a microscope, and can any doubt remain, that if the *fibres* (may I so call the strings of an instrument) which stand untouched, will not only vibrate, but be thoroughly operated upon, from the sound of other instruments, touched near it, that the exquisite fibres of the human frame, should not be effected through the organs of the ear? We often see to what a pitch of animal spirits, young people, of rather a grave disposition, are brought, by dancing. and if the sprightly kind of Music, can have such an effect on youthful people in health, or on distempered people, why may not the grave and solemn Music, tend to recover the tone, or injured fibers and nerves of the Valetudinarian. It is said that,

“ Music has charms to soothe the savage beast.”

But it is also the cordial of a troubled breast, for all the passions of the human mind, are to be produced by it.

Mankind it forces to be gay, or grave,
Amorous, religious, effeminate, or brave.

THE ancient poets did well, in attributing medicine, as well as Music to Apollo; health being to the body, what tuning, is to the harp.

Chap.

Chap. XII.

Of the Cure of the Dropsy by Dr. Bacher.

THOUGH it may be a little foreign to the professed design of this book to go beyond Bath, yet as Dr. Milman has lately published a very singular and successful method of curing the dropsy, which was discovered by a French physician named *Bacher*, and as that work has hitherto only appeared in latin, perhaps the discovery may be more generally known, by being thus pointed out in the vulgar tongue. *Dr. Bacher's* success in treating this disorder, was so much talked of in France, that *Dr. Richard*, the king's physician, was directed to make a tryal of it, who in order to give it all imaginable fair play, employed four different physicians who attended military hospitals, in different parts of the kingdom, and who had no correspondence with each other, to try the effects of *Dr. Bacher's* medicines, and these four gentlemen, not only concurred, in acknowledging the success they had met with, but sent a list of the patients, who had been recovered by it, and the king thought it proper, to purchase the secret, at a high price, for the benefit of the public at large.

Dr. Milman farther informs us, that *Dr. Daignan* another physician, had administered *Bacher's* medicines to eighteen patients, who laboured under different stages of the dropsy, and that twelve of them were cured without much difficulty, and only two died, of the eighteen. I do not mean to enter into every particular, of this useful treatise, but to point it out, and shall only observe, that all the patients used a *moist diet* with liquid medicines, and drank plentifully of diluting liquors.

The pills used by *Bacher* are as follows.

R. *Extract. nostr. Hellebor.*

Myrrha solutæ a a ʒj.

Card. Benedict. pulverisat. ʒiij. ʒj.

M. F, S. A. *massa aere sicco exsiccanda, donec formantur pilulis apta sit signul ad gran. semiss.*

Of these pills, ten are to be taken at once, but the principal medicine, seems to be, the hellebore, the dose however, is to be repeated three times, at an hour between each, they first open the belly, and then carry off the disorder by urine, but what more particularly led me, to take notice of this favourable method of treating dropical complaints, is, that the medicine which seems most predominant is hellebore, and therefore where long life and health has been mentioned, it may be worth while to observe, that the famous anatomist *Bartholin*, says, that a fresh set of teeth, and a new crop of black, instead of grey hair, may be procured in age, by an extract of black hellebore! Lord Bacon, was personally acquainted with the Countess of Desmond, whose real age could not be ascertained, but there was sufficient proof of her being an hundred and fifty years old at least, and he adds, that she thrice changed her teeth, which *Bartholin* attributes, to the hellebore, infused in wine of roses, which she took. OLD PARR, died the 15th of November 1635, turned of an hundred and fifty two years, and *Alex. Benedictus* says a lady of his acquaintance, had a compleat new set of teeth at fourscore, and that her hair, which had all fallen off, grew again soon after. But what is more than ordinary singular in Parr's life is, that at the age of an hundred and two, he did penance in the church, for having a bastard by Catherine Milton, and yet it is as remarkable, that

in

in his youth, he was noted for his sobriety and chastity, and his first marriage, was at the age of fourscore! It is very certain, a too early commerce with the sex, is full as detrimental, as a too late one, and this is the reason, why Frenchmen of fashion, are in general, such diminutive men, and now I am upon the subject of longævity, it may not be amiss to relate, an extraordinary accident which happened at Venice in 1687, which made much noise then in the world, and which may be seen at large, in the *Memoires Historiques* of that year, at which time there lived a man, under the name of *Signor Gualdi*, who dressed well, kept the best company, though nobody knew from whence he came, nor who he was, it was observed too, that he never wrote, or received any foreign letters, but paid always for what he had in ready money. At his lodgings he had a fine collection of pictures, which he was always ready to shew to people of condition; he spoke all languages fluently, and was well versed in the Arts and Sciences. A Venetian nobleman meeting him one day in public, who was a great judge of painting, desired Signor Gualdi, to favor him with a sight of his pictures, and after viewing them with attention, he was about returning his thanks, but casting his eyes upon a picture which hung over the door, he observed that that, was Gualdi's own portrait! Gualdi made a bow, instead of an answer, which surpris'd the nobleman, who then observed (though Gualdi appeared not to be above fifty) that he knew that picture, to be of the pencil of *Titian*, who had then been dead, an hundred and thirty years, adding how is this possible? It is not easy to know all things which are possible said *Gualdi*, but where is the crime, if

a

* It is probable that the lady mentioned by Benedictus and Parr, might use this hellebore wine, and more so, as we have a recent proof of its wonderful effects.

a picture painted by that master, should resemble me? The nobleman perceived by this reply, that *Gualdi* was offended, and took his leave, and *Gualdi* finding he was discovered, set off the next day for *Vienna*. He was therefore, supposed to be, one of those people called **ADEPTS**, who had the power of prolonging their life.

It would be deviating too much from my subject to give the particulars of the life of *Nicholas Flamel*, and his wife, who lived at *Paris* in the 14th century, but he certainly was acquainted with the hermetic philosophy, if ever man was, and was also an Adept, for nobody could account for his immense riches, and he wrote a book, the title of which was, *La Grand Ecclaircissement de la pierre Philosophale pour la transmutation de tous Métaux, par Nich. Flamel. Paris 8vo. 1628.* Flamel's public charities exist to this day, and they so astonished the king (*Charles the 6th* then upon the throne) that he sent *Mon. de Cramoisi*, a magistrate of high reputation, to examine into his circumstances.

Flamel left his secret to one *Du Perrier*, and Cardinal *Richlieu* hanged him.

The

* Let it be remembred, that the author mentions these circumstances, rather as matters of curiosity, than faith; yet the story of Flamel's riches, and length of days, without any visible means of living at all, is as well attested, as any historical fact whatever.

The CONCLUSION.

The degree of heat in the several baths are as follows.

The Kings Bath near the source, raises the mercury to an hundred and three degrees, and in the coolest part, about three degrees lower.

The thermometer stands in the Hot Bath, between an hundred, and an hundred and one.

In the Queen's Bath, the heat is between ninety eight, and ninety nine.

In the Cross Bath, between ninety three and ninety four.

The water at the several pumps, vary much as to the degree of heat.

YORK HOUSE is an excellent HOTEL and Inn, it stands in an airy and central situation, the HOST is a gentleman, and the traveller, will of course be POLITELY and PROPERLY entertained.

The Theatre Royal in Orchard Street, affords a rational amusement twice a week, viz. Wednesdays and Saturdays, it is an elegant commodious house, and to use a sea phrase, it is well FOUND, and the entertainment is by no means inferior, take it all together, to the Theatres in London.

Prudent

Prudent people, who know the world, should play only for their amusement, or for such sums, as cannot disturb their mind, if they loose; young men, if they play with men, should know with *whom* they play, and if with women, for *what*, as Lord Chesterfield I think says, and to take care of the *White*, as well the *Black Legs*.

The best, at least the best situated booksellers shop, is TENNANTS, the corner of Milsom Street, it is a central situation, a good air,* and where the first company, of both sexes assemble, to hear the news, as well as to subscribe, either by the month, quarter, or year, for reading such books as they call for.

There is an excellent academy kept in Union Passage, where Fortification, the Mathematicks, Geography, &c. are taught by Mr. Moor, a gentleman well qualified in every respect, to have such a trust reposed in him.

Mr. Didier, of the Theatre Royal, teaches all the living languages, and is as capable, as PROPER, to be so employed, being a sensible man, of a respectable character.

When a large company have been for a long time shut up, either in the public rooms, the theatre, &c. their going suddenly out, and drawing in cold air, upon the heated lungs, often occasions obstinate coughs, colds, &c. now this mischief may be avoided, by putting a handkerchief to the mouth, and breathing into it, for

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* There is one library in this city so intolerable, either from the common sewer running under it, or some other cause, that it is perhaps dangerous.

a certain time, so as to take in gradually, not suddenly; the cooler atmosphere, this is a constant practice, with the opera people, and such whose bread depends upon voice, and therefore proper to be attended to, by those whose life, or health depend upon it.

At all public places, particularly at Bath, where perhaps a full ball is one of the finest sights which imagination can conceive, there must be certain rules and orders laid down, as to propriety of dress, precedence, &c. and whoever is appointed to see that those rules are observed, is in duty bound to execute the trust reposed in him, with impartial justice, it is the height of folly therefore, as well as a proof of ignorance, and ill breeding, for any one, whatever their age, sex, rank, or beauty may be, to set their face against an established *etiquette*. If my Lady *Dumpletonian* will wear a hat at a ball, she must not be offended, if my Lord *Grumbletonion*, cuts her ankle with his sharp pointed spurs, but it is the very quintessence of folly, to be offended with the master of the ceremonies, for carrying the established rules into execution, provided he does it with good manners,—for he is MASTER of the CEREMONIES.

I never yet heard of a GENTLEMAN, who was offended, even with the executioner, though he were appointed to take off his head, surely then, there is no reason for a lady to be offended, when she is called upon to take off her hat, where she ought not to wear one, except such, who put it on, for the very purpose, of playing at *cross purposes*, and in such cases, were I the master of the ceremonies, I would stop the concert, minuet, country dance, or whatever amusement was going forward, till the offending lady, knew what was due to the company, for it is the company, not the master of the ceremonies, to whom such rudeness is offered, and consequently it is the company, who should show their disapprobation of

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such

such a violation to THEIR laws of decency and decorum, for they can be at no loss, to distinguish, whether an impropriety of dress, is owing to want of knowledge, or possession of effrontery; in the first instance therefore, the offender should be told of it, with the utmost delicacy, and in the second, put out with the utmost contempt.

IT was a capital piece of KING-SHIP, if not of *generalship* in NASH, when he enacted a law, that no one should wear a sword at Bath, but such who were not intitled to wear it, any where else. When a code of laws are established, they should be as unalterable as that of the laws of the Meads, and Persians. And the higher the rank of the violater, the more exemplary, the punishment should be. Mr. Nash always stayed at Tunbridge, till the first ball night, at the beginning of a season was over, and I dare say he did so, to let the public see, how unwieldy, and awkwardly the business went on, without a REGULATOR.

I shall therefore finish these remarks, with a case in point, which happened to myself. When I was a young man. I often visited a distant relation, whom I much loved, and to whom I and my family, had been highly obliged. This gentleman had nine agreeable, nay beautiful daughters, who had often entertained me, with the flip-flop conversation, of a rich, but low under bred woman their neighbour, whose husband, being appointed high-sheriff, occasioned her to talk much to these ladies, about the *grand sheriff dinner* she was to give, “ I am determined, said she, to have no custards, for if
“ I have custards, I must have cheesecakes. and if I
“ have cheesecakes, I must have jellies, if jellies, fruit.
“ &c.” And as I usually spent my christmas at the country seat of this friend, with his lovely family, there sometimes arose a kind of merriment, called christmas gambols; questions and commands, &c. now these innocent sports, led the gentlemen sometimes to salute the young ladies all round: a pleasure which I alone, who per-
haps

haps loved them the best, always declined partaking of. This shyness in me, seemed so unaccountable to them, that they one and all, seized an occasion, to rally me for possessing a *mauvaise honte*, so contrary to the established *etiquette*, at that time of the year. I confessed the force of the charge, and fully acknowledged my guilt, adding, that the only excuse I could offer was, that if I had *custards*. I must have *cheesecakes*, if *cheesecakes*, *jellies*, if *jellies*, fruit, and if—in short, before I had half done with my *ifs*, they all run away, and left me in possession of the field of battle, and never rallied, to make an attack upon me again.

✍ I forgot in the proper place to observe, that Guiddott, who so roundly maintains the sulphureous qualities in the bath water, tells us, that a lambent flame, played about the sacred person of queen Ann, consort to James the first, of *bleffed memory*, when she bathed; now it may naturally be concluded, that he, who could believe a lambent flame burnt like a glory, around the head of that princess, might easily be persuaded, that there was *brimstone* in the waters, however, as it is of the utmost importance, that the REAL properties of the Bath Waters, should be as perfectly known, as human wisdom can attain, and as Dr. Charlton acknowledges that the doctrine of fix't air, was not much known, when his experiments were made, it is to be hoped that Dr. Priestly, whose benevolence of disposition, keeps pace with his philosophical enquiries, may one day or other, think of looking into the cause, as well as the effect, of this wonderful chymistry of nature, THE WATERS OF BATH.

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F I N I S.

A P P E N D I X.

SINCE the above sheets have been printed off, I have met with Dr. Charlton's first treatise on the Bath Waters, printed in 1754, and I find that Dr. Lucas's name is not mentioned in it, yet his sentiments, of the Waters of Bath, were then, as well known, as they are now. However, to prevent the curious reader the trouble of turning, from book, to book, or from page, to page, I shall here, first give Dr. Lucas's words, as they really stand, and Dr. Charlton's as they are really extracted.

Page 277. Dr. Lucas says, " The first thing remarkable that presents itself to our observation in this water, is a subtil acid which flies off in vapour, sometimes sensibly strikes the nose, always proves offensive to weak lungs, and powerfully corrodes all the iron works in and about the baths."

Dr. Charlton's *pointed* extract is thus given. In page 277, Dr. Lucas tells us, " the first thing remarkable that presents itself to observation is a subtil acid, which flies off in vapour, and *sometimes strikes the nose.*"

If however Dr. Charlton has added an *and*, to give a full stop, before the author's sense was clearly given, he has made it up, by omitting other words, which perhaps he thought superfluous.

Dr. Charlton then goes back, from page 277, to page 265. " How can this (says he) be a fact? seeing it is so diametrically opposite to what he (Dr. Lucas) tells us a little before, page 265, viz. that the water newly drawn

“ drawn or taken up as near the source as may be, *has*
 “ *no sensible smell no more has its vapour.* Is there no
 difference then between smelling, and a subtil acid,
 which may *strike* the nose ?

But why a full stop at vapour ? and before the au-
 thor’s sense was compleated ? for continues Dr. Lucas,
 “ though from the bath, while it is filing, and soon after
 “ it is emptied, the acid smell of the pyrite may some-
 “ times be perceived ; without any of the fetid smell
 “ necessarily attending waters, in any manner impreg-
 “ nated with sulphur and heated.”

And again says Dr. Charlton, “ or what he tells us
 “ a little after, page 298 that it is true, this acid, is in a
 “ great measure *so* saturated with terrene *matter* as well
 “ as diluted with water *as to be imperceptible to the senses.*”
 Dr. Lucas does indeed say, “ they are saturated” (but
 not so saturated) “ with terrene MATTERS, as well as
 “ diluted with water, as to be imperceptible to the
 “ senses, but still, (continues he) these effects are to be
 “ attributed to the mineral acids only, any of which,
 “ though saturated perfectly with absorbent earths, or
 “ even mineral alcalies, produce these effects with
 “ milk.”

Had Dr. Charlton given (as every candid extracter
 of another man’s works, ought to give) the authors
 own words verbatim, without adding, in one place, or
 diminishing in another, and thereby established his own
 doctrine, upon the ruin of another ; an exultation,
 if he chose it, over a dead man’s corps, might be taken,
 but for my own part, It would be difficult for me, to give
 credit to any experiments, if they seem to be made, with
 a view, to defeat another mans, or when I see in the first
 outset of a work, an uncandid mode of proceed-
 ing. It reminds me of one, who told his friend, he had
 made a discovery of the utmost importance, and that
 he could prove it by scripture, and accordingly pro-
 duced

duced his proof: but they were such only, that his friend told him, he could prove also, by the same holy book, that he ought to go and hang himself; so opening the bible, he read, in page 277, *and such an one, went out, and hanged himself*, then turning back to page 265, read,—*go thou and, do so likewise*.

Now as Dr. Charlton says in page 74, of his first edition, (tho' not repeated in the second) that if any gentleman should discover any errors in that little tract, its author will thank him for his information; I think I am entitled to the Doctor's thanks, but if I have been mistaken, and have found faults, where none were to be found, then he has a right to call upon me to acknowledge my errors, and to atone for them, which I hereby promise to do, but as I respected Dr. Lucas, not only as a physician, but as a man also, who possessing many rare gifts from heaven, employed them in the search of truth, and for the general good of mankind, I did not like to see his talents degraded, as if he were nothing better, than an ignorant CHARLATAN, nor such a triumph made over his remains, after his SPIRIT, with that of the waters he analysed, had broke through its earthly prison,—taken its flight,—and mingled with its kindred ELEMENT.

Dr. Mead says, in his *Monita et Precepta Medica*, that warm bathing does harm in all paralytic cases. Dr. Charlton is fully convinced of Mead's mistake, and then gives several instances of its efficacy to patients sent to the Bath Hospital. But perhaps, medicines administered with the Bath Waters; TIME, NATURE, and a regular course of life, might have had the greatest claim to the patients relief, and therefore it does not prove that Dr. Mead was mistaken, for many of these patients went away, not cured, but "*much better, greatly relieved, &c. &c.*"

It ought to be remembered, that very soon after Dr. Lucas, had openly, and publickly, gone through his chymical process on the Bath Waters, and had exposed the fraud of the *Gold dying-guides* on one side, and the folly of the *Sulphur-mongers* on the other, that Dr. Charlton published his treatise on the Bath Waters, and that four years after; Dr. Stevens (a fellow of the Royal Accademy of Sciences) published a treatise also on the same subject; in the preface to which, he says, "I shall once more *tell the world*, that I shall send this little book among them, to let them know my sentiments on these salutary springs, not says he, *as a bait*, to catch that empty bubble fame, but only to discharge the duty of my profession," (how good!) nay, the Dr. goes further, and even declares, that were he afflicted with any of the disorders, for which he has directed the use of the Bath Waters; he would even take them *himself*, a circumstance *the world ought to know*, for though his book has been in it, these thirty years, I never heard of it till, within the same number of hours.

Dr. Stevens then proceeds to give the world an account of his private chymical process, and tells us, what kind of colours the waters produced, from mixtures of logwood, sulphur, wormwood, galls, &c. as well as a variety of experiments he made to get to the bottom of these hot waters, and for a while, treads so closely upon Dr. Lucas's heels, that *his sentiments*, given in his *own* words, come nearer to Dr. Lucas's, than even Dr. Charlton's extracts from Dr. Lucas own book, For says Stevens, "In the water of the Kings Bath, when drawn up by the pump, the first thing we perceive which is remarkable, is a strong acid vapour, which may be both smelled and tasted, it proves very offensive, to persons subject to disorders of the lungs, and very much corrodes all the iron works in and about the baths."

THE reader cannot but observe, from the above extract, how *exactly*, great wits jump together, this being precisely Dr. Lucas's sentiments, enveloped and corroded, like the *bath vegetable sulphur*, in *muddy disguise*, which sensibly strikes not only the nose, but even turns the gall of the reader of a *purple colour*. Dr. Stevens then proceeds with Lucas, allowing the *acid* vapour, and denying the sulphureous: for says he, this subtil acid continues to fly off till the water is quite cold. In short, this incomprehensible spirit flies off, as the soul of man does in death from the body, and when gone, leaves nothing but a cold, lifeless, inanimate mass behind. Dr. Stevens then proceeds, to burn the bath sand upon a red hot iron, and agrees with Dr. Charlton, that it emits a stinking vapour, and a very faint blue flame, which made him believe, there was sulphur in it, but trying it in a heated crucible, found it had not;—thus far the reader will find Dr. Stevens came as near *in sentiment*, as *in words*, to Dr. Lucas, and agrees with him, even as to the *cause* of heat in the Bath Waters, I shall therefore pass over all his *purple, violet, and vitriol* experiments, which proves, he says, that the Bath Waters contain an *exalted, vitriolic steel*, which flies off in vapour, an absorbent earth, a small quantity of fixed chalybeate particles, sea salt, and another salt, very much of the nature of Glaubers purging salt. And now, having, fully described the nature, and qualities, of the kings bath water, he leaves his *friend* Dr. Lucas behind, and steps over *alone* to the cross bath, and tells us, that our lecturer (meaning Lucas) endeavoured to prove, that the waters of the cross bath, contained the same quantity of ingredients, and to be of the same medicinal virtues, as that of the kings bath. He then proceeds with his galls, vitriols, &c. and having so done, he *too*, holds out the *ignorance* of Dr. Lucas, with his own *superior abilities*, for by repeated experiments *he finds*, that the powers of the waters at the cross bath, are not so great, as at the kings.

IT would indeed have been very extraordinary if they had, for at *that* time, and for many years since, the sources of the cross bath, were polluted with other waters, if not with drains, &c. from the city buildings, but those mischiefs being now removed, there is little reason to suppose, that any very material difference can be found in the composition, though there may be some as to the degree of the heat, between them, and their kindred fountains: But enough of modern analysers, however, before I quit this subject, it may not be improper to give a specimen of the candour, good sense, and honest confession, of Dr. Oliver senior, who wrote a treatise on these waters, fourscore years since, and who I suppose was father of the late Dr. Oliver.

DR. Oliver observes, that he, who should endeavour to define that spirit with which the Bath Waters are charged, and which so soon departs from it, would be like unto *Cornelius Drebbel*, who attempted to distil out of several bodies, the *anima mundi* (the soul of the world) and bottle it up for use. Indeed, he seems to think, that after all the experiments which can be made by chymistry, and after the most exact quantity of salts, *sulphur*, earth, &c. are ascertained, that no proof of what they really are in nature, can be given, for says he, every body knows, that the operation of fire, upon bodies, make great changes in their textures, inasmuch, that they sometimes alter, as the chymists call it, their very *hypostatical principles*, and produce somewhat new, and of a different nature from what they were before. These considerations continues the Dr. discourage me from being too nice in my enquiries, and therefore he rests satisfied, with the experiments made by others, waving all doubtful speculations, and applying himself to practical experiments and observations, made upon their use,—by this the reader will see, that notwithstanding the various assertions of different analysers of the Bath Waters,

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from the year 1707, when Oliver wrote, down to 1777. we, and the waters, are just where we were, and that we must be content with knowing their effects, without knowing the causes. Causes, which lye deep, and which may for ever remain unknown, unless a second Newton should be born, with powers more than human, and employ them, in exploring these streams of healing waters, which have, in all probability, flowed from the beginning of time to this day. As to the cause of the HEAT of the Bath Waters, there is every reason to believe, that Dr. Lucas accounts for it in the most rational manner, i. e. that it does not receive its heat from any subterraneous fire, but from mineral substances, because any common water may be so heated, beside this, we know, that one of these hot springs, was laid open in the mountains of SAVOY, and traced to its source, and that digging a little further, they found the same stream, *before* it had reached the mineral beds, perfectly cold. It is probable then that the water is heated in the same manner as water is, when cast upon lime; nothing therefore can be clearer, than that the sparkling metallic powders (called the bath sand) are small particles of that mineral substance, whatever it be, which gives it, heat, acid, sulphur, or the various impregations they are charged with, and that it is of such a subtil nature, that it looses its medicinal powers, in proportion as it cools, and when quite cool, becomes the same innocent water it was, *before* it had passed the *fiery Ordeal*.

————— *Si quid novisti rectius istis.*
Candidus imperté, si non, his utere mecum. HOR.

Note, Whenever the vital heat requires an encrease, the Bath Waters are of infinite and of immediate service; owing to the iron with which we are sure it is impregnated; on the contrary, whenever the vital heat is, from high living, or any other cause, too great, they may prove very dangerous.

